

THE WATER-CURE JOURNAL

A GUIDE TO HEALTH, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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General Articles.

HERE Contributors present their own Opinions, and are alone responsible for them. We do not indorse all we print, but desire our readers to "PROVE ALL THINGS," and "HOLD FAST THE GOOD."

TO UNBELIEVERS—No. 2.

BY JAMES C. JACKSON, M.D.

SAD as is the admission, it is nevertheless true, that in general terms the lives of human beings so far deviate from the right line, and are therefore false, as to fasten upon them habits, methods, and manners that quite unfit them in many directions from understanding the truth when it is presented for their consideration. Evidences of the correctness of this view are abundant; in fact, they accumulate to a degree quite overpowering whenever one gives himself up to a thorough investigation in respect to the causes that hinder mankind from making rapid improvement. And in no particular is the justness of this statement more obvious to an acute observer than in reference to the laws of health and life and the appropriate

methods of their observation and continuance. If those who are engaged in earnest endeavors to improve the conditions of the health of their fellow-men were involved, to some extent, in efforts to promote their welfare in almost any other direction, their success would be greatly increased over that which now attends their labors; for on no subject that is worthy of the least heed by the people is so little interest generally displayed as on the subject of living healthfully, or, in other words, of living without sickness. The people may be said to be divided into two classes, which incorporate nearly their entire number. The first class comprises that portion of our fellow-citizens who are totally incredulous in regard to the securities and guarantees which the Creator furnishes for the preservation of health and life, and therefore they relate themselves to earthly existence from considerations that are entirely irregular, and which are hap-hazard. Their motto is, "Let us eat, drink, and be merry, for to-morrow we die." So in all that pertains to life, whether workers or thinkers, whether grave and serious, or light and superficial in the aspects which they take of it, they dissipate. They feel that there is no security for its continuance, and that therefore they need not trouble themselves in any direction about its care and maintenance, for the matter is not in their hands. The second class is composed of the people who are blindly credulous in regard to all that pertains to health and life. They reason conversely to the first class, and affirm that the securities and certainties for life on the earth are so ample and so well established, that it is not at all necessary for them to give any heed or care to the subject, and so from considerations quite diverse to those that influence the first class alluded to, they come to the conclusion that it is well for them to live without reference to those laws, upon obedience to which life and health are suspended.

Now, in making these criticisms, I am sure I do no injustice to my fellow-men. I do not well see how I could do so, for I am closely observant of the way in which, in large masses, they evolve their activities, and I study intently in the deportment of their individual lives, and professional opportunities have furnished me, in great degree, facilities for drawing right conclusions as to the

motives which prompt them to live as they usually and generally do. Besides, I am fortified in the feeling that my conclusions are correct by a retrospection of my own life. Till I discovered what I now feel to be and am sure is the true philosophy of health and life, I formed a constituent of one of those classes, and I may say that at different periods I represented both of them. Now, as it has been said by a profound analyst of the human mind, and as I think with great truth, that "human nature is the same under all circumstances," reconsiderations of my own life in days past, and close examinations into the motives which prompted me, and the objects which attracted me to live as I did, go a great way in assuring me of the correctness of my conclusions in regard to others. And I do not think I do them any injustice, or utter in respect to them anything that is at all overstrained, when I affirm, with all the earnestness with which I am capable, my conviction that while there is no subject of a material nature and of which it is so important to them that they should have a correct knowledge and proper understanding as this of living free from sickness, or in other words, in good health, there is no other in which they do take so little interest, and in which to interest them it requires so severe and devoted labor, so disinterested and self-sacrificing effort. They seem spell-bound in regard to it. Talk to them on topics which involve trade, politics, the maintenance of parties, or of the government even; present for their consideration new modes of pleasure, fresh means of gratifying their appetites and their passions; offer them easier ways of obtaining luxuries, challenge their consideration while you undertake to show how easy it is, if they will but follow your teachings, to enjoy a Sybaritic life, and they will listen to you in crowds, they will gather to you at the street corners, in public halls, in religious temples, at the polls and in social circles, so that for the hour you will be the most popular man or woman in the community of which you are a member. But ask them to heed you while you discuss frankly, yet kindly, with them the causes of sickness and means for overcoming it, and more likely than not they will give you no attention whatever. So true is it, that human nature becomes degraded when its great moral constituents are made subsidiary

to its passions. Now, I am not in ill-temper about this view, nor do I allow myself to be made misanthropical because it is correct, and stands before me as a great fact which I could not ignore if I would, and which I have no desire to do if I could. My feeling is one of deep pity and of great sympathy for my fellows, inasmuch as once I was like them, blind, and it was only under the promptest dealings of Divine Providence that my eyes were opened and I saw how foolishly I had lived all my days. No one besides myself knows, nor can any one but God know, what loathing, self-abasement, intense mortification, and remorse swept over my spirit, as winds sometimes sweep over earth's fair face furiously, if not ruinously, when I awoke from the delusions of my whole life, in respect to the true objects of living, but *more especially in respect to true methods of living*, and found myself weakened in body and debilitated in mind, and made so by my own want of thought and want of care of myself.

I have seen persons again and again in religious meetings smitten by such a sense of their own unworthiness as to make it easy for me to understand how it is possible for one to have his past conduct so laid bare under Divine illuminations, as to cause him humiliation and agony so intense that no language can describe them, and to become himself a practical illustration of that condition wherein one feels as though he must call upon the rocks and mountains to fall upon him and hide him forever from God's presence. And yet, on no occasion have I ever witnessed an individual soul manifest deeper agony than that in which I was, when I was aroused to a consciousness of the sacredness of the divine laws, as written on the human constitution, and the terrible sin of which one is guilty who lives in daily violation of them, ruins his health thereby, and brings his life on the earth to an untimely close. It can easily be conceived how, under such an awakening, one must become earnest, and his life henceforward molded and shaped after a pattern very different from that which before characterized it. How could I help being so? No wonder that I am opposed to the common philosophy of living. How could I avoid it? No wonder that I brand the whole system so common to mankind of living, regardless of law, till they become sick, and then of being treated for their sickness by means which, in their very nature, if employed by them for the preservation of their health, would be destructive of it, as a huge delusion, the deepest, wickedest, awfulest delusion which in any direction rests upon human consciousness in the latter half of the nineteenth century. There is no such other stalking, staring, bareheaded, audacious lie walking abroad over Christendom unrestrained and unfettered as this, that there is no *security* for human life, no possibility of living in this world *without sickness*, and no *recovery* from such sickness without the use of means which, in their nature, are injurious to health, and in their effects destructive to life.

I had a wise father, and a very intuitively intelligent mother. There were wise doctors living in our town in my boyhood, and I was a reader and student of medicine quite early, and listened to their conversation, their interchanges of thought,

and their essays, and gave them credit for a great deal of sincerity, a fair degree of learning, and the possession of large skill, though I saw that the graveyards multiplied their inhabitants, and that the cities of the dead were nearly as populous as those of the living; that Infancy, and Childhood, and Manhood in the maturity of its strength, furnished the persons who formed the procession in the main, that leads to that "bourne from whence no traveler returns." And while I regretted it, and sorrowed over it, wept over it, and prayed over it, I submitted to it and sought to become resigned to it, because I supposed and believed that it was an elaboration of those mysterious ways in which God deals out his dispensations to mankind. And when I awoke and found that I had been cheated all my life, and that so far from sickness being a recognized, and responsible, and divinely established agency for the benefit and regeneration of mankind, it is a vile and base usurpation, and that if I had been rightly instructed and rightly trained, I might just as well have lived in good health all my life as to have been an invalid for twenty-five years, I was not only humiliated to a degree that I can not attempt to delineate, but my whole nature was outraged, and I vowed that whatever power and ability I possessed should be devoted and consecrated to the work of exposing the horrible imposition, and that if there were strength and force in sufficiency still remaining to me to enable me to recover from my sickness, my fellow-men should have forever after the benefit of my humble talents in making them see that there is a nobler and a purer way of living on the earth than that which involves them in a constant and almost uninterrupted violation of every law of their being. My readers, from this view, can see how I was born into the new kingdom, how I came to be ready to think ingenuously, to lay aside my prejudices, to test everything by Truth, and to be guided only where she might direct.

SCENES IN RAILROAD CARS—No. 2.

BY H. H. HOPE.

IN the October number of the WATER-CURE JOURNAL I promised my readers that in this number I would give them the letter which I received from the gentleman whom I met in the cars, and with whom I had a conversation in respect to the probabilities of a cure of his invalid wife under hygienic treatment. I confess that upon parting from him, I very much doubted whether I should hear from him upon his arrival at New York, although he promised to write me; for I thought it quite likely that upon proceeding to counsel with the physician before whom he was to bring his wife's case, that he might state to that gentleman, as well as he was able to do, the views which I had offered for his consideration, and that should he do so, the physician would laugh and ridicule them to such degree and in such manner as to remove all favorable impressions which I had made, and thus set him back into his old, blind belief, that in all that pertains to health there is no such thing as Law, and in all that pertains to recovery from sickness, there is no such thing as *certainty*. But I was mistaken. Events proved that my conversation with him set him deeply at thought, and notwithstanding

ing his consultation with his New York physician, and the mysterious air that gentleman put on, the eulogium he passed upon his own remedies, and the readiness with which the man seized upon the physician's statement in respect to the probabilities of his being able to restore his wife to health by means of his remedies, my suggestions were not forgotten, and in his leisure hours his mind recurred to the subject, and dwelt upon it earnestly and to good purpose, so as that when, after a fair trial of the remedial applications which his physician made to his wife, and their failure to produce any particular benefit, but on the other hand, a manifest indication, on the whole, of injury to her, he wrote me, saying that his hopes for restoration for his wife, through and by the skill of the distinguished gentleman under whose hands she had been placed, were still further from realization than ever, and inasmuch as they were, his mind more frequently than at first reverted to his conversation with me, and his recollection revived as to the promise which he made me, that he would write me. And so he did, and the letter and my reply will be found below.

BREVOORT HOUSE, NEW YORK CITY, June 24, 185-.

H. H. HOPE, Esq.—*Dear Sir*: When I left you in the cars, I promised to write and tell you of the success or failure which followed the effort of the distinguished physician into whose hands I committed her, to restore my wife to health, when time enough should have elapsed to enable him to speak positively in the matter. Upon my arrival in the city, I consulted him, and he gave it at the time as his *impression* that he could cure her, and subsequently, upon more intimate acquaintance with her, he informed me that his impression had ripened into a deliberate and well-settled *opinion* that, by the remedies which he should give her, she could be restored to health. Of course, knowing his wide reputation, such a statement from him greatly increased my confidence, and awakened fresh hope that the long and lingering disease from which Mrs. Blank had been a sufferer, and of which she was at the time a victim, would be overcome. But after a trial of sufficient length to satisfy the physician himself, there is no evidence that she has made one particle of progress, and is as far from the point which he was so certain to reach as when he began his administrations, and I do not know but she is further from that point. I suspect that she is actually and positively worse than she was when I placed her in the distinguished gentleman's care.

Now, sir, but for my conversation with you, I should accept the conclusions to which every physician who has had to do with her as yet has come, that she is *incurable*. And, by the way, it is a very curious fact, that with no exception have I consulted and employed a physician to treat Mrs. B., who has not at the outset declared his firm conviction of her curableness, and of his ability to cure her; and without exception has every one been permitted to pursue his own course of treatment with her, till he saw fit to give it up in despair, and pronounce her case, very much to his mortification and regret, to be not only beyond the reach of his skill, but in his judgment irremediable. I have employed not less than ten physicians, provincial and metropolitan, closing

up the effort with the gentleman in whose hands Mrs. B. has just been, and they have run the round to which I have alluded above. Now, accustomed as I am to have great confidence in the judgment of medical men, I see no hope in Mrs. B.'s case, save by means of that little flickering light which burns within me from my conversation with you. As a drowning man will catch at a straw, as one's "wishes often become the father to his thought," so I, having exhausted the resources of the regular faculty in *medicine*, feel myself indisposed to settle down upon the calculations to which her physicians have unitedly come, that she is hopelessly incurable, without at least communicating with you, and soliciting of you the favor to write me somewhat, at least *in extenso*, your views, for I must do you the justice to say that, while at the time they appeared very novel, not to say strange and almost absurd to me, so radically did they traverse all my ideas, and, in fact, the ideas commonly entertained by mankind in respect to the true processes of treating disease, I have not been able to satisfy myself that they *might not*, after all, be true. I am, in all my relations to thought and effort for human good, quite conservative. I do not mean to say that I think mankind have reached such a point as renders further progress impossible, or even improbable, but I am constitutionally disposed to accept what is *before* me as an *ultimate* good, and am only induced to dispossess myself of such an impression by the most evident and unmistakable proofs, that in given directions new things are superior to old things. I doubt not that a gentleman of your astuteness, in our little interview in the cars, adjudged my general characteristics rightly, and placed me in the list of "conservatives." Whether you did or not, you will permit me to say that I drew my own conclusions of yourself, and in so doing, ranked you among the progressive men of our age, who have intense earnestness, large enthusiasm, and abundant faith in the future of the race, and feel that before it there lies mapped out an immense inheritance, which it is the mission of humanity to proceed to subdue and possess. By education and habit of thought, therefore, you and I are widely apart in our reflections and determinations of conduct. And, while it is but natural that I should seek relief for my wife's illness at the hands of such medical men as are the *acknowledged* representatives of the wisdom and skill in the medical profession, it is not less natural, perhaps, on your part, to doubt that wisdom and to question that skill. This being the case, is it not possible that just to the extent to which I am prejudiced in their favor, you may be prejudiced against them, and that, under the influence of your prejudice, you have sought out satisfactory reasons whereby to justify the discredit which you carry toward them, as I have to justify myself in their employment? And if so, may it not be true that your philosophy, in regard to the treatment of disease, is the mere offspring of your dislike, instead of being the child of your reason and your spiritual instincts, and thus, notwithstanding the earnestness and clearness with which you are able to present it, be a very artistically gilded sophistry, instead of a great primal and eternal truth?

Surely, if you are right—and at this moment I feel myself unable to prove you in the wrong, and can do no more in that direction than to be *suspicious* of your correctness—the world will have to acknowledge its indebtedness, in immense measure, to the man or men who have inaugurated this philosophy of yours; for, admitting it to be true, it is easy to see that it stands over against the *common* view, and must necessarily, by its success, topple down the present medical fabric, and throw it into utter ruin. And it is only fair to say to you, that if the present medical theories in respect to the treatment of human diseases are correct, you are the most woefully deluded man living, unless you have co-laborers quite as deluded as yourself. On the other hand, your theory being correct, the medical philosophy of the entire civilized world must be an outrageous sham and a most unexampled and audacious imposture.

Now, sir, if I understood you, in the little time in which, before parting, we were permitted to converse, you hold to the theory that sickness is, in all cases where there is no organic injury, an unnatural condition, and that there must be, therefore, somewhere, lying within the domain of nature, resources or forces which, if seasonably brought to bear upon the human body thus abnormalized, will overcome its ill conditions, and restore it to health as certainly as any effect in physical nature follows the just operations of a physical cause. And that, in order to cure persons who are thus sick, and who are curable, all that is needed to insure such result with *positive certainty* is to understand what would have kept the person from being sick, and apply these means to his restoration. Abstractly considered, I see nothing in this view that forbids me to accept it, and yet it is so contrary to all my preconceived opinions, to the general judgment and sentiment of mankind, and to the opinion of the medical faculty at large, that my whole sensible nature rises up in doubt, and refuses to admit it as true, while as yet there is nothing before me upon which to base its truth save simple argument. Can you furnish me with any *practical* proofs of the correctness of your theory? Have you ever seen persons cured under its application? If so, will you give me their names, and tell me where they live? Do you know of anybody that has ever been cured on or after your plan? Is there any physician in this country, sustaining any reputation, who practices upon it? If so, where does he live? Would you advise me to go or see him? I never should forgive myself, under present circumstances, if I were to forbear to use any means, however much they might *seem to me* to be founded in empiricism, were they to come to me commended by evidences of ample success; and I would say to you, that if you can refer me to any person of reputable character, whose testimony of his or her own recovery will go to confirm the views you hold, I will pledge myself to place my wife where she can have all the opportunities for improvement and recovery which such means invoke.

So let me hear from you at your earliest convenience, and I shall be your most obedient and humble servant,

JONAS BLANK.

GLENHOLAKIN COTTAGE, HIGHLANDS OF
THE NEVERSINK, July 6, 185-

HON. JONAS BLANK, Brevoort House, New York.—*My Dear Sir:* Your letter of last month went to my residence, and was transmitted to me at this place, where I am stopping for a few days with a friend. Fortunately for me, and for that matter, for yourself, I can refer you, *sub rosa*, to my friend's wife, as proof of the correctness and availability of the theory which I hold, for, like Mrs. B., she was an invalid for many years, and sought relief from her sickness of many physicians, under whose administration she was "nothing bettered, but rather grew worse." And my friend, her husband, was, like yourself, an unbeliever in what he and you are pleased to call *new* things, and it was only by the hardest and most persistent effort on my part that I induced him to place his wife in the hands of a hygienic physician, with a view to her treatment and restoration. In fact, he was worse in his unbelief than you are, for he laughed at me, ridiculed me, called me a fanatic, said I was constitutionally given to the taking up of new-fangled notions, and that all that was necessary in order to have me *believe anything* was that it had never been believed. Knowing him to be by habit, as well as by constitutional predisposition, indisposed to accept anything as true which had not attached to it the air of the *old*, I could bear these assaults quite philosophically, and defend myself as successfully as I wished by asking him of what use it was to rely upon acknowledged and accepted means of doing anything, when, in their practical workings, such means showed themselves to be unavailable, or of no account. And I appealed to him if my own life, with which he is thoroughly conversant, did not go to disprove the soundness of his criticisms.

Well, sir, I kept steadily at work at him, my only hope of succeeding resting in my conviction that the regular medical practice did not possess within its whole range strength enough to overcome the morbid conditions of his good wife, and make out of her, who was a wretched and miserable invalid, a strong and healthy woman, which, I am happy to say, she is this day. Having spanned the entire circle of medical available forces, as incorporated into the school of drug-medication, he, like yourself, gave up in despair, and would, but for my encouragement in new directions, have settled down into the conclusion that the opinions of the distinguished physicians whom he had consulted about his wife were founded in reason, and to be accepted as authority, and that his wife must die. But, as you have said of yourself in your letter to me, he did not feel himself quite at liberty to take this course, while as yet I stood by his side, telling him that he had no right to forego further effort, for there was another way of treating diseases than by drug-medication; and to my positive knowledge persons who had been pronounced incurable, had been treated by it, and had succeeded in recovering their health, after the drug treatment had entirely failed. And so, with no faith on his part, and with but little desire on that of his wife, but fearing that if he refused, he might in the future have great cause to regret it, he consented to place his wife under hygienic treatment.

One year from the day she took her departure, on a bed, from her own home, she returned to it a healthy woman, and though five years have since elapsed, she has not had one single hour's sickness. Permit me to say, sir, that as far as I am able to draw comparisons between her conditions at that time and those of your wife, as you described them to me at our interview in the cars, the two are as much alike as they could be, when the separate individualities are taken into consideration. And unless your wife is worse than when I saw her, I do believe that she may be cured, and I reaffirm my conviction, that to-day she is suffering more from the effect of poisons remedially administered than she is from the difficulties which originally made her an invalid.

Now, if you will but take time and opportunity to investigate, you can not help becoming a convert to the principles upon which this new system of treatment rests. I readily can understand your doubts about it, and am not at all disturbed at the thought that you feel, after all, my faith in it may be based more upon my dislike to the common methods than to any substantial or positive principle it may possess, and all that I can ask of you is that, having satisfied yourself of the incompetency of the usual methods of medical practice in your wife's case, you will not forego proffered means because they do not lie within the range over which your vision has been accustomed to exercise itself. Meanwhile I remain, for the cause of Health Reform, very truly yours,

H. H. HOPE.

RAMBLING REMINISCENCES—No. 3.

BY R. T. TRALL, M.D.

FIRST PRINCIPLES AND FANATICS.

Was there ever a man who could understand a primary premise, and trace that premise to a law of nature, who was not considered by the masses as foolish or visionary? Was there ever a person who departed from the error of his ways, in the matter of unphysiological habits of living, who was not called hard names—loaded with opprobrious epithets? In every place where we visit patients, lecture, or sojourn long enough to make the acquaintance of the leading spirits of the Health-Reform Movement, we find one or more persons who have clearly comprehended the great primary truths which underlie the Hygeio-Therapeutic system, and they are necessarily progressive on the subjects of life and health, diseases, and remedies. Of course there are no terms of reproach to be found between the lids of the dictionary too harsh to be applied to them by their more stupid, semi-fossilized, and old-fogyish neighbors. As a general rule, when a few people in a given place get their eyes opened sufficiently to discard drug medicines entirely, they are called "fanatics." If they are so presumptuous as to cure some of their friends and neighbors of their fevers, and rheumatisms, and bowel complaints, and coughs, and colds, and pleurisies, and lung fevers with hygienic appliances alone, while other patients, laboring under the same diseases, are dying, under the auspices of the drug doctors, all around them, they are denominated, by the non-believers in nature and the admirers of Poisonopathy,

"one-ideaists." And if they adopt the Vegetarian dietary, and refuse to be sick at all, they are regarded, especially by all the drug doctors of the region roundabout, as absolutely "crazy." Sanity and sense seem to consist, according to the world's standard, in being sick frequently, employing a drug doctor to poison you because you are sick, and so living as to necessitate occasional visitations of diseases, doctors, and drugs, and to insure premature death. Whosoever presumes to depart from the beaten track, live in accordance with common sense, and in obedience to natural law, as established by the Creator in the vital organism, must calculate on "facing a frowning world," and bearing no small degree of popular clamor, opposition, and ridicule. As nobody will try so hard to resist the spiritual Saviour of men as the very sinners who most need His redeeming influence and His teachings, so none will contend so earnestly against the gospel of health as those who are most deeply sunk in pathological depravity.

The second week in September we lectured in the Baptist church at Flat Brook, Columbia Co., N. Y., in exposition of the drug and hygienic systems of the healing art, but not one of the doctors of the place would consent to hear us. One of them, who was urgently solicited to attend, and to correct us if we said anything amiss in relation to his system, excused himself on the ground of partial deafness; he was afraid that he would not be able to hear! We suspected then, and do still, that he was afraid he *should* hear. But in order to obviate his objection, we sent him a polite invitation to sit beside us in the pulpit, where he could not help hearing, promising to take extra pains to "speak loud and plain." Yet it was "no go." The doctor would not come. He was too old a dog to be caught with new tricks; and the only consolation we could find for his absence was in humming mentally the first line of the old nursery song, slightly paraphrased for the occasion:

O he couldn't, and he wouldn't, and he dar'n't come at all.

We are perpetually aggrieved that so few of our "professional brethren," of whose druggery we say so many hard things, will favor us with the light of their countenances. Wherever the people meet together to discuss the most important question—a question involving the issues of life and death—that can be presented to their consideration, the drug doctors—the self-styled "conservators of the public health"—are sure to "come up missing." Instinctively they seem to feel and know that where life, and health, and physiological intelligence, and a return to truth and nature are the themes for investigation, they have no place nor part. They are only at home where disease, and drugs, and pathological ignorance, and death abound. Thus far, in all our public lectures, clinics, and health conventions, we have not been able to induce the first drug doctor to come before the people and explain his system, although we are continually challenging them to do so as provokingly and invitingly as we can employ language. Have they a consciousness that their system can not be defended? Do they know that to attempt to explain it publicly would be the death of it? This is what *we* know, and this is precisely why we are so anxious to have *them* do it.

In Flat Brook we stopped with Mr. C. Belding, who has been for many years engaged in the uphill work of indoctrinating his neighbors with the simple and sublime truths of the new gospel of physical salvation. Ten years ago Mr. Belding saw very clearly, from reading and *studying* the WATER-CURE JOURNAL and the "Hydropathic Encyclopedia," the utter falsity of the whole drug medical system, since which time he has been an earnest and consistent advocate of the better way. As a matter of course, many of his neighbors call him a *fanatic*. He has adopted the vegetarian diet, and many consider him the victim of an awful *one-ideaism*. His own health has greatly improved, and all of his family are remarkably healthy and vigorous, and, of course, his invalid neighbors consider him as somewhat demented. He is, moreover, in the habit (there being no hydropathic physician in the vicinity) of prescribing to those of his neighbors who can see the propriety of providing a sick person with *normal conditions*, instead of giving him *abnormal drugs*; and although all of his patients recover promptly, while similar cases "drop off" frequently and often speedily, with the help of the regular physicians, he is, as a matter of course, regarded by all drug doctors as positively *crazy*. Well, such is the way of the world, "as society is now constituted." Will it ever emerge from this terrible delusion, this absurd superstition and most preposterous fallacy, that *poisons are medicines*, and that the "state of nature" is the condition of ill health?

A WALK BEFORE BREAKFAST.

When we are so fortunate as to get into the country, we like to make the most of it. The morning after our first lecture at Flat Brook, the sun rose so bright and beautiful, the air was so keen and invigorating, and the mountains in the distance so inviting, that, pocketing rations for the day, we sallied forth. A walk through Lebanon Valley—lofty mountain ranges on each side—brought us to Lebanon Springs, eight miles distant, in one hour and fifty minutes. We had, in 1850, often traveled this route by stage, but we must say that the "independent line," with its frequent runs and jumps, to vary the *exercises*, and its occasional opportunities for "hollerin" and screaming, to inflate the breathing apparatus, is altogether the most pleasant as well as profitable method of traveling. Surveying for a few minutes the ruins of the ancient water-cure, we resumed our journey on the road over the mountain toward Pittsfield, Mass., seven miles distant from Lebanon Springs. A quick step—double quick time, in military parlance—carried us to the summit in less than an hour, where, overlooking extended valleys and beautiful villages on both the New York and Massachusetts side, and several Shaker communities, with their neat, tidy dwellings and magnificent barns, we *enjoyed* our breakfast. If any one doubts the gustatory properties of physiological food, let him go to bed supperless, and then walk or run ten and a half miles before breakfast. If such an experiment will not convince him that people should eat to live, and not live to eat, we advise him to repeat the experiment until he is convinced. Talk of salt, pepper, vinegar, butter, cream, catsup, pickles, cheese, to flavor food or provoke appetite! Verily hunger is

the natural as well as the best sauce. Who, with a natural appetite and undepraved instincts, could envy the faint and famishing boarders at our magnificently miserable hotels and "first-class" boarding-houses, who are vainly striving to relish their victuals through hot potations of strong coffee and tea, and variously commingled condiments, jellies, greases, and gravies? Who with instincts so pure as to relish, as the perfection of pleasurable eating, wheat meal crackers and Bartlett pears, would not look with loathing on all the fish, flesh, and fowl of the St. Nicholas? Can those persons, who labor so hard to stimulate their torpid senses into the manifestations of vitality, know anything of the pleasures of eating? They must eat, it seems to us, as we once did, more to assuage morbid cravings than to enjoy a sacramental feast.

The Shakers are one of the curiosities of Lebanon Valley. They are a queer people in certain of their religious tenets and ceremonies, but they are admirable agriculturists. Order, neatness, industry, economy, and thrift prevail everywhere among them. Nowhere have we seen better cultivated farms, with the exception, perhaps, of Lancaster County, Pa. The Shakers are quite reformatory in health matters; and although they prepare for market nearly all the roots and herbs, barks and leaves, seeds and flowers, extracts and ointments sold by the druggists throughout the United States, because there is a demand for them, they know enough to use or swallow precious little of the stuff themselves. Their plan for eradicating sin and misery from human society by eradicating society itself, is indeed laying the axe to the root of the tree, not of evil, but of existence. Non-reproduction is certainly a radical measure of reform; but it seems to us like an attempt to renovate humanity by ignoring the first law of the Creator.

The Shaker system of non-intercourse between the sexes, and the rigid discipline maintained in their establishments, do undoubtedly succeed in repressing and suppressing many outward manifestations of vice and crime, and to some extent succeed in removing internal conditions which prompt to evil deeds; but surely there must be a better way—*obedience to nature's laws*. So far as the Shakers have succeeded in realizing an earthly millennium, they are, in our estimation, far behind certain families in Marietta, Pa., and vicinity, to whom we alluded last month.

ITINERANT CONSUMPTION-CURERS.

These geniuses continue to do quite a paying business. There is no end to their skill and cunning in devising new cures for this incurable malady, or new cheats to humbug the unfortunate victims, as the case may be. We have lately been in several New England villages, where we have seen the programme of one of these operators, and from what we heard of him, we should judge him to have very good success, either in curing consumption or in securing fees, we will not say which. He combines in himself the professorships of Physiology and Phrenology, and curer of consumption, and all other chronic diseases. His *modus operandi* consists in giving a lecture on Physiology and Phrenology to the public "free gratis and for nothing," and then receiving patients at his rooms in the hotel. His specifics for

consumption, as advertised on his hand-bills, consists in some kind of "warm medicated inhalation." Medicated inhalations have had so many runs, and run out so many times, that it would seem that among people who read the newspapers, it would hardly be possible to get another one profitably under way during the present generation; but we are informed that the genius in question makes a very good business of it. Well, if people choose to be humbugged, and are willing to pay for it, have they not a right to be humbugged? We acknowledge that this is their business, and not ours.

CANDIES AND LOZENGES.

It is astonishing what a trade the boys drive on the railroad-cars in selling little sticks and lumps of sweet things, for children and babies, young and old, to suck as they ride. Nowhere can one be in a car many minutes before the inevitable sugar-peddler begins his everlasting parrot-like screech: "Mixed candies, lozenges, gum and fig drops." And he repeats it with variations: "Lozenges, mixed candies, gum and fig drops;" "Gum and fig drops, lozenges, and mixed candies;" "Fig and gum drops, mixed candies, and lozenges;" back and forth, through the long line of cars, until one half of the children are insured an attack of colic, and many adults a turn of sour stomach in course of the day; and then the cry subsides, only to be resumed at the next dépôt. We have nothing to say against the candy trade, more than we have against the rum trade or the tobacco trade. So long as there is a demand for these things, there will be a supply. But we would have, if we could, parents understand that these things are exceedingly pernicious, especially to the stomachs of infants and young children. They are seldom made of pure materials; many of them are colored and drugged with injurious ingredients; but were they composed of nothing but pure sugar, flour, and essences, they would be, even then, very unwholesome. We are sorry to damage the business of the boys who so delight in selling them; but we do not like to see little babies perverted, and sickened, and sometimes killed in this way. One of the worst habits that children can acquire is that of eating between meals, even if the articles are in themselves unobjectionable. The practice is sure to create morbid appetites and unnatural cravings.

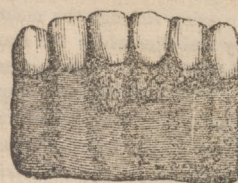
SUCCESS.—Every man must patiently bide his time. He must wait, not in listless idleness, not in useless pastime, not in querulous dejection, but in constant, steady, and cheerful endeavor, always willing, fulfilling and accomplishing his task, that, when the occasion comes, he may be equal to the occasion. The talent of success is nothing more than doing what you can do well, without a thought of fame. If it comes at all, it will come because it is deserved, not because it is sought after. It is very indiscreet and troublesome ambition which cares so much about fame, about what the world says of us, to be always looking in the face of others for approval, to be always anxious about the effect of what we do or say, to be always shouting, to hear the echoes of our own voices.

THE TEETH, AND THEIR TREATMENT—No. 5.

BY A DENTIST.

SALIVARY CALCULUS, OR TARTAR.

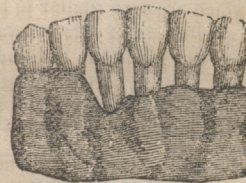
IN connection with the diseases of the teeth, which, with their treatment, formed the subject of our last article, we must not omit to mention that frequent cause of the premature eradication of these organs, known by dentists as "*salivary calculus*," or more commonly as "*tartar*." It is a deposit of ingredients contained in the saliva, which, by inattention to cleanliness of the teeth, is suffered to accumulate upon their crowns and at the margins of the gums. The chemical constituents of tartar differ in different cases, but in general it consists of about seventy parts in the hundred of phosphate of lime, a small quantity of



TARTAR ON FOUR TEETH.

carbonate of lime, and the rest of salivary mucus and animal matter. The mucus and other soft substances present in tartar contain a large number of animalcule or minute living creatures, which may be detected by the microscope.

Tartar varies in its color from nearly white to dark green or almost black. The dark varieties are the hardest and most difficult to remove, though when the light varieties occur, the formation is apt to be more rapid and in larger quantities. This deposit is usually present in greatest abundance upon the outer surfaces of the upper molars and the inner surfaces of the under incisors. All parts of the teeth, except their grinding or cutting surfaces, however, are liable to become covered with this substance in the absence of due attention to cleanliness, and it sometimes accumulates in such enormous quantities, that the teeth seem literally imbedded in it. When the accumulation is great, it is apt to render the breath



TARTAR REMOVED.

exceedingly offensive, and when it covers the front teeth, it sometimes gives the mouth a very hideous and repulsive appearance.

But besides these disagreeable consequences of the presence of tartar, there is perhaps no agent or disease, with the exception of caries, that is more fatal than this sometimes is, to the integrity of the dental organism. Its first effect usually is to produce an irritation and extreme sensitiveness of the gums, predisposing them to bleed at the slightest touch of the brush, and then, as the brush can not be used without great pain, the teeth are suffered to go without cleansing, and the

offensive matter continues its accumulation without interruption, until its destructive work is accomplished. The feverish state in which the whole dental organism is kept by this diseased condition of the gums, of itself predisposes the teeth to decay, to say nothing of the corrosive nature of these deposits upon their surfaces as tending to a similar result. Besides this, as the tartar forms round the margin of the gum, it causes the latter to recede, after which it attacks the alveolar process, eats it away, lays the root of the tooth bare, and causes it to drop out. (See the accompanying plates.) The general health is also not unfrequently affected by these tartarous deposits upon the teeth. The fluids of the mouth become vitiated, purulent matter exuding from the gums is taken into the stomach and absorbed into the general system, while the air inspired into the lungs becomes impregnated with fetid and poisonous exhalations in passing through the mouth. Among the secondary maladies which Dr. Harris enumerates as resulting from these causes are, "derangement of the whole digestive apparatus, catarrh, cough, diarrhea, diseases of various kinds in the maxillary antra and nose, pain in the ear, headache, melancholy, hypochondriasis, etc.," while in the worst cases the fetor of the breath is such as to cause the atmosphere of a room to be sensibly impregnated with an offensive odor in a few minutes.

All these unpleasant conditions might be avoided by a little attention to the cleanliness of the mouth; and it is somewhat surprising that persons who are fastidiously particular in preserving cleanliness in other respects, are so negligent in the matter under consideration.

The removal of tartar, after it has been suffered to accumulate, is, if rightly performed, one of the most beneficial operations upon the teeth. Several instances have come under our observation of peddlers vending a liquid, in small vials, which, when rubbed upon the teeth, removes the tartar and gives them a clean, white appearance. We caution our readers against the use of that stuff. It is always one of the strong mineral acids (generally muriatic) which can only dissolve the tartar by having an equal power to dissolve the substance of the teeth themselves the chemical constituents of which are very similar to those of the tartar. The application of this substance to the teeth, therefore, can not fail to be injurious, while it is impossible, without serious consequences to the gums, for the application to be sufficiently thorough to remove the offending substance from the neck of the teeth, where it does most injury. Besides, the acid itself is a rank poison, even the inhalation of its odor being injurious. The only way in which tartar can be properly removed is for it to be scraped off with sharp instruments of such varieties and forms as to give access to all localities to which this substance adheres. It is always better that this operation should be performed by an experienced dentist, where one is accessible; but those who live in places where the services of a dentist can not be procured, may, rather than suffer accumulated tartar to remain upon the teeth of their children and friends, remove it with the smooth end of a file ground to a chisel-like edge, or with any other small, sharp-edged instrument, which, however, in order to be

advantageously used upon the inner sides of the teeth, and in the posterior portion of the mouth, will have to be suitably crooked at the point. If a tooth to which tartar is attached has become loose, it should, while being scraped, be grasped firmly between the thumb and fore-finger, and held to its place, lest it should become loosened still more. After every particle of tartar has been carefully removed, the loose teeth will gradually become tighter in their sockets, the gums will resume their wonted health, and a decided improvement in the whole general condition of the mouth will soon become manifest.

After the removal of the tartar, if the gums are diseased, a weak tincture of myrrh, diluted with water, and held in the mouth for a few minutes several times during the day, will be found advantageous.

The tooth, once free from this offending substance, may be kept so by the daily and careful use of the brush. A dentrifice may also be advantageously used, consisting of two parts of prepared chalk, two parts pulverized orris root, and one part prepared pumice-stone—each reduced to an impalpable powder, passed through a fine sieve, mixed, and scented with a few drops of the oil of lemon or of rose. This compound may be used once a day, if necessary. Pulverized charcoal should never be used as a dentrifice, as the mechanical action of its fine diamond-like particles upon the margins of the gums is found to be hurtful. But in nearly every respect except its unpleasantness to the patient, common toilet soap is the best dentrifice, as it thoroughly cleanses the teeth, and has the property of destroying the animalcule which generate between them from the decaying particles of food and other offensive substances which may have become lodged there, and which no other dentrifice will do.

We have thus, in a cursory manner, in the present and previous articles of our series, described the structure and functions of the dental organism, with the principal diseases to which it is subject, their causes and proper treatment. Though this description would in some respects be deficient for the purposes of a profession, to whom dental science should be an object of minute and thorough study, it is believed to embrace all, or nearly all, that will be found popularly useful, or that can be made practical by the general reader. By a due attention to the anatomic and pathological details we have given, and a strict attention to the practical hints we have thrown out, much useful aid, as we believe, will be realized by our readers in the preservation and general government of the important organs on which we have treated, even should they be so situated as to be unable to avail themselves of the frequent personal advice of the dentist.

We close this branch of our subject, therefore, with the general advice, "Preserve the natural teeth so long as you can without discomfort, and so long as they will perform their appropriate functions; but when you must part with them, be consoled with the reflection that their place may be supplied with artificial substitutes which, though not nearly so useful for purposes of mastication as the sound and healthy natural organs, will be found invaluable both for preserving the beauty of the countenance and the natural artic-

ulation of the voice, and which, even for preparing the food for the stomach, will be more useful than natural teeth that have become defective beyond a certain point."

In our next article, which will be the last of the present series, we will describe the various kinds of artificial dentures that are now in use, and give such information concerning their relative merits and their use as may be deemed important to our readers.

ITEMS FROM ILLINOIS.

In the great temple of humanity there is a niche for every individual, and one can not occupy another's place; we are all cogs in the main driving-wheel of society, and, after all, probably of nearer equal importance than is generally supposed.

"To act well our part,
There all the honor lies."

To arms! to arms! Let us all enlist—not in a blood-and-thunder campaign, but in the cause of health and happiness—equipments harmless, rations simple, compensation according to usefulness, or less.

I am glad to see the old favorite WATER-CURE JOURNAL enlarged, and should not regret to see it double its present size could it only retain its peculiar character.

I hope now we shall hear more from "the people." I fear many hold back from writing because they wish to write longer letters than they have time or ability to (as they think). But let me tell you, my friends, that very few can write a lengthy letter that is at all interesting. I notice that most who attempt it make "one grand fizzle." They are the last things I read, and then I often get sleepy and tired before they are finished. No, write brief as possible, but always to the point; never use a superfluous word.

How shall we make it *respectable* to do without medicine, and live so as to secure the highest health?

Thousands all around us desire to abandon drugs and the doctor's services, but dare not do it. They must still cling to the mischievous notion, that nature can somehow be helped by violating her demands.

How delightful and fruitful the season! and yet the country is full of grumblers. Wheat, corn, and fruits abundant and cheap, but money! money! is the constant cry—just as if money, like the old toper's whisky, was "victuals, drink, and lodging."

Why is it that physical reformers are always ridiculed for living upon low or insufficient diet or food? Now, as a general rule, of all men and women that I am acquainted with, they are the most particular in regard to variety, nutriment, etc. Ordinary suckers will sit down to their "hog and hominy," and partake of it with the most satisfactory gusto, while one of the former is almost starving for "something to eat."

"Beneath the circuit of the sun" is there no neighborhood or community where those of similar organic structure, tastes, hopes, passions (aye, and complexions, too), are living the truer—the more harmonious life?

Is a coming temporal paradise a chimera, and a former a myth? "Oh, tell us, watcher on the tower!"

H. B. HAMILTON.

UNFOUNDED PRETENSES.

BY SOLOMON FREASE, M.D.

THERE are a great many pretenders in the world, and a vast amount of pretension. We meet with it in every condition of life. Men in the lowest as well as those in the highest positions are not free from it. The present time affords conspicuous examples of men seeking positions at the head of companies, regiments, and battalions, whose pretensions to superior military knowledge are a sham. The professions—Law, Physic, and Divinity—have their full share of pretension, and I have sometimes thought that the medical profession has more than its share of it. This is to be much regretted in view of the vast responsibilities resting upon it. This day many more lives are depending upon the skill of physicians than upon the skillful generalship of armies. It is very amusing to notice the lofty airs of many medical men, and of some medical schools. What, for instance, could be more amusing than the refusal of some physicians of certain schools which are called regular, refusing to counsel with men educated in different schools because they are not called regular; or with women of the same school because they are women. Pretentious medical schools grant diplomas to their students, reserving the power to revoke them should the unfortunate graduates obtain useful knowledge outside of the walls of the college in which they graduated, and practice upon it. This must never be done. It would be detrimental to the dignity of regularity, however advantageous it might be to suffering humanity. The regularity and orthodoxy of the school must be maintained, though the people suffer and die. Certain medical schools have decreed that they are regular, and have possession of all medical knowledge. They recommend bleeding and blistering, puking and purging, and practice upon it. Their students are taught to bleed and blister, puke and purge, which they must do or be pronounced medical heretics, and suffer the loss of the honors conferred upon them. This they can not well afford to do, so they bleed and blister, puke and purge, and their patients die. But as it is according to the teachings of medical orthodoxy it is all right. Their books are written and their colleges are established. Their routine must not be departed from.

Dr. Sangrado had a theory and had written a book to prove that all diseases could be cured by copious bleeding and the drinking of large quantities of warm water. His pupil, Gil Blas, who practiced upon his teachings and lost his patients, reasoned with him and endeavored to convince him that his theory was not true—that the patients treated according to it died—that patients treated according to the chemical theory then in vogue could certainly fare no worse, if they fared no better; but his efforts were fruitless. Dr. Sangrado had written a book in which the correctness of his theory was proven; he adhered to his theory and his book, and his patients died. Our old-school medical brethren adhere to their books, and their regular schools, and their false theories, and their patients die. It must be a great consolation to the patients to die in a regular way—the pangs can not be so hard.

But while it is amusing enough to witness the

pretensions of our old-school medical brethren, it is far from amusing to witness it among ourselves. And we are not free from it. It exists among Hygienic physicians, and to a rather alarming extent among a few of them, as I have observed with regret. They may be known by a habit they have of constantly sounding their own praises, and indirectly, if not directly, disparaging the efforts of their brethren engaged in the same cause with themselves. Their Water-Cure establishment is very much better than the Water-Cure of any one else. Patients would be sure to be more skillfully treated by them than by others. Their knowledge is so great, their skill so surpassing, and their devotion to their patients so deep, that at no other institution could such knowledge and skill and devotion be found.

These pretensions, I am glad to say, are not common to Hygienic physicians; but there are one or two rather marked cases of the class to which I have alluded. Merit is always modest—it can well afford to be. It will be appreciated without self-laudation. And as the Water-Cure system is in itself so superior to the drug system, let us not lower its dignity and impair its usefulness by vain boasting, especially over one another, and thus in the end become associated in the public mind with the vendors of patent medicines and their lying advertisements. Our system can well afford to stand upon its merits, and our physicians should be able to stand each upon his merits. Let us not directly or indirectly disparage others that ourselves may be benefited. Let us be modest, truthful, candid. This is what our system needs more than inflated articles, ending with "Come to me to be healed." When we write articles for the JOURNAL, let them be so written as to be practical and useful to the people, for whom the JOURNAL is published, and not so written as to laud the physician who writes and the particular cure he oversees. Then all will be well with us. Then will the Water-Cure system flourish and spread as it deserves to do. Then will the WATER-CURE JOURNAL increase in usefulness and the number of its subscribers, till all the people shall hear the truths it teaches.

GRANVILLE WATER-CURE.

OBJECTIONS AGAINST THE FREQUENT USE OF STEAM OR HOT WATER BATHS.

THERE is an unfounded prejudice against the frequent use of steam or hot water baths, on the supposition that they are relaxing, enervating, and induce susceptibility to cold. Popular prejudices are not always to be set aside as foolish; for I believe in all cases, or with rare exceptions, there is some truth for their foundation. This is the case with respect to the manner in which hot baths are used in this country. A deep vessel, in which the body is immersed up to the neck, is used, filled with hot water. The bather, feeling it very comfortable and soothing, stops in often half an hour, or even an hour, relaxing every muscle and every organ of the body, and comes out without any application to cause re-action, as with our cold dripping sheets, etc. The system is quite unable to cause re-action from its own vitality, and does not get over the effects often for twenty-four hours. The same by steam or hot air baths. Now the practice of the Russians in their cold climate, and the Turks in their hot climate, is totally different. They find the steam and hot water baths highly beneficial, and so universally are they used in those

countries as to become the rule with all classes. Hardier people do not exist.

Why do not our scientifically educated men open their eyes to the principles of such bathing? They know both Russian and Turks all and invariably recognize the necessity of applying some cold stimulating application to restore the power of the skin, and stopping the weakening process of perspiration when the object has been attained of drawing out matter from the sebaceous and other glands, and soothing the nervous system. This is never ordered by the medical professor in this country, and the hot baths, which, if applied on principles recognizing the nature of the human frame, would be of incalculable service, are more often and almost always injurious.

I do not claim for Hydropathy any new discovery in the application of water; everything that the best hydropathists have prescribed is older than history, and we see whole nations practicing Hydropathy; but in our boasted wisdom we have looked upon the Russians as stark mad in rolling in snow after a hot bath, and believing it is a process only fit for such madmen as the Emperor Paul, or such half-animal, half-human beings as his subjects; and in the case of the Turks, as only for the gratification of their sensuality. We are egregiously in error in both; and no doubt both Russians and Turks look upon us as rather an unclean set of beings, when they hear vast numbers of Britons are never entirely washed from the time the midwife cleanses their little bodies when they come into the world, until the time the layer-out of their corpse washes it for interment. What is the New Zealanders' remedy? For cold or fever they dig a hole in the earth, put in wood and set it on fire, and upon the wood flat stones; when the fire is out, the patient goes into the hole, with a calabash of cold water; the hole is covered with boughs and sods, the patient sprinkles cold water on the hot stones to make a good steam bath; after a while the cover is removed, and his friends above douche cold water over him. Here is Hydropathy, and how old, history can not tell.

The kingdom is in the hands of the "legally appointed," and it has not been the practice of their forefathers in the profession from time immemorial to depart from the London Pharmacopeia and the Materia Medica, which they have sworn to practice by; and besides, to have the reproach of innovation, and adopting any of the practices of such low barbarians as the candle and oil-eating Russians, or stupid automaton Turks, is not to be thought of by the enlightened College of Physicians. Nevertheless, I maintain that the steam and hot water baths are, when judiciously applied, of incalculable benefit both in health and disease. In my own person I experience it continually. I could not go through the almost night-and-day work, mentally and bodily, as I do, and with but a light frame, if I did not take a hint from the before-named barbarous people. When fatigued, and, to use our expressive phrase, all but "done up," morning or at bed-time I get a six-minutes' steamer, and cold sponge, or cold dripping sheet, or cold shallow bath; and if I have a good deal of work before me, I put on a wet body-bandage, with calico or flannel end, and wear it till afternoon. I get a hot sitz six or eight minutes, and similar cold applications; or hot shallow, from 95° to 100 or 105°, so different from the deep body of hot water in ordinary baths. I find all these baths strengthening, invigorating, and never relaxing.—Smedley's Hand-Book.

Publishers' Column.

ONE NUMBER MORE will close the present volume of the JOURNAL. Our friends will much oblige us by sending in the renewal of their subscriptions as soon as possible. Our clerks are usually so crowded with work about the first of January, in consequence of the flood of renewals coming in about that time, that they unite with us in this petition.

BE CAREFUL.—If those ordering the JOURNAL would write all names of persons, post-offices, etc., correctly and plainly, we should receive less scolding about other people's errors. We are not infallible, but most of the errors about which agents complain are not attributable to any one in the JOURNAL office. People who forget to date their letters at any place, or to sign their names, or to give the name or address for copies ordered, will please take things calmly and not charge us with their sins of omission, etc.

VOLUNTARY AGENTS.—Any and every subscriber or reader is requested to act in behalf of the JOURNAL, by forming clubs or otherwise. Now is the time for its friends to manifest their interest in the JOURNAL and the cause it advocates, either by obtaining new subscribers, or inducing others to act in its behalf. If any lose or wear out numbers in showing the JOURNAL—that's the best way to get subscribers—we will duplicate them in order to make their files complete for binding.

THE JOURNAL is published strictly upon the CASH SYSTEM; copies are never mailed to individual subscribers until paid for, and always discontinued when the subscription expires. Hence we force the JOURNAL upon none, and keep no credit books, experience having demonstrated that the cash system is altogether the best for both subscriber and publisher.

To get an idea of what a whaling voyage really is, without encountering its perils and hardships, one has only to visit the fine panorama of Capt. Williams, now on exhibition at Hope Chapel, 720 Broadway, where an evening can be pleasantly spent, and many things learned, for "only a quarter."

POSTAGE ON THE JOURNALS.—On the PHRENOLOGICAL or WATER-CURE JOURNALS, any distance in the United States, California, Oregon, and Washington Territory included, the postage is six cents a year, if paid in advance for the year, at the office where received, not in New York, or one cent a number, which is twelve cents a year, if paid on receipt of each number. To Canada and other British North American provinces, the postage is the same—six cents a year, payable in New York instead of at the office where received. Subscribers in the Provinces will therefore send six cents in addition to their subscription, to pay postage to the lines.

We send specimens gratuitously with pleasure; but our friends must not be disappointed if they do not receive the particular number desired. We do not make any numbers to serve us as specimens, but intend that any month's issue shall be a fair index of the year, and consequently use for distribution those of which we have a surplus after supplying subscribers.

NEW POST-OFFICE.—A new post-office has been established in Columbia County, N. Y., and named "Mount Lebanon." This is the address of the Shaker Society in that vicinity.

DR. J. D. CRAIG, late of Wilmington, Del., has removed to Chicopee, Mass., where he has established a cure.

POSTAGE STAMPS.—As the old stamps are no longer received in payment of postage, our friends will oblige us by sending new ones instead, any quantity of which will be received in payment of books or subscriptions.

PRESENT SUBSCRIBERS are our main reliance. Those who know the utility of the JOURNAL will work for it, and recommend it to their friends and neighbors, that they too may participate in the benefits of its teachings.

We will club with any newspaper or magazine published in New York, Boston, or Philadelphia.

FRIENDS—CO-WORKERS—VOLUNTARY AGENTS, in every neighborhood, are invited to engage in the good work of extending the circulation of these unique and valuable periodicals. A little well-directed effort, just now, will double our list of readers, and thus scatter invaluable blessings among thousands. May we not hear from you?

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HAVING BEEN a member of a club at some previous time does not entitle persons to renew their subscriptions at club rates, except a new club is formed. Our terms are: for 10 copies, ordered at once (and one copy extra), one year, \$5; 5 copies, \$3; single copy, \$1.

OUR terms are, PAYMENT IN ADVANCE. No Journal sent before or longer than paid for.

If you want to have your correspondence do you credit, study "How to Write," and use the Adjustable Steel Pen.

Notes and Queries.

INQUIRER.—For a full discussion of the propriety of marrying relatives, see "Hereditary Descent." Price, 57 cents.

W. M.—Dr. Lewis' Normal Institute for Physical Education will open its second course on January 2d, 1882. Send to him for a circular.

AQUARIUS.—When it is stated that the aquarium will throw 8 gallons of water 50 feet in a minute, it presupposes that the reservoir from which it is taken is close at hand, and that the water is thrown through a small nozzle. We would not advise a party who desired to draw water "50 feet distant and 20 feet below" to employ an aquarium for that purpose. There are pumps which will answer the purpose better.

W. S.—Steamers sail from New York for California, via Aspinwall, on the 1st, 11th, and 21st of each month.

The fare in deck state-room is.....	\$325
In first cabin.....	200
In second cabin.....	150
In steerage.....	100

Children under six years old, one fourth price; between six and twelve years, one half price; servants, full price. Provisions furnished. Fifty pounds baggage allowed to each adult; all over fifty is charged ten cents a pound.

H. R.—1. What relationship exists between two persons (or rather what grade of cousins are they) whose fathers are first cousins?

2. What is the relationship between one of those persons and the other's father?

3. Would there be any impropriety (on account of relationship) in persons intermarrying who are thus related?

1 and 2. The children of cousins are called second cousins to each other. The relationship between one and the father of the other is, of course, nearer than between the children, but custom has given no more definite name to the relationship.

3. That depends much on other circumstances. Usually the objection, if any, is not strong. This subject is fully treated in our work on "Hereditary Descent," price, post-paid, 57 cents.

DORA.—You may greatly improve your last year's fur by the following process: Warm some new bran in a pan, taking care that it does not burn; to prevent this danger, it must be actively stirred. When well warmed, rub it thoroughly into the fur with the hand. Repeat this two or three times; then shake and brush the fur until free from dust. White furs, such as ermine, etc., require rather a different process. Lay the fur on the table, and rub it well with bran made moist with warm

water; rub until dry, and afterward with dry bran. The wet bran should be put on with flannel, and the dry with a piece of book-muslin. After the bran process light furs may be made to look still better by rubbing them with magnesia, after which they should be thoroughly shaken.

H. K. R.—In ordinary times is there a good prospect of good phonographic reporters obtaining situations?

Ans. At this time reporting, like all other kinds of business, is dull. The best reporters, except those who are engaged by the year on the leading newspapers, are not fully employed. In ordinary times good phonographic reporters can obtain employment at remunerative prices, and those who are less proficient can generally get business, but it is more unsteady, and the prices vary according to what they can do. In regard to salary, the pay ranges from enough to pay one's board on an economical basis up to twenty-five dollars per week on regular salary. Some reporters in Congress and in courts will make much more. It frequently happens that those engaged regularly on newspapers have opportunities to report speeches, sermons, and the like, when not engaged for their employers. Some law and Congressional reporters make very great wages while occupied, but their employment is unsteady, and, of course, the pay corresponds.

W. C. B., Springfield, Mass.—You can not make wine in Massachusetts from the Isabella or Catawba Grape. Of the latter there never was a bunch ripened in the open air in your State, and the seasons are not often long enough for the Isabella to get more than half ripe. Wine is the juice of the grape after it has passed through the vinous fermentation, which takes place when the fruit is so fully ripened as to have converted the gummy portion into grape sugar. The addition of cane sugar, or other foreign substances, to induce fermentation, changes the chemical action, and the mixture is no longer properly wine, but cordial, or whatever other name you may be pleased to call it. Those domestic preparations, such as currant wine, elderberry wine, and so on often contain more of the intoxicating principle than many of the pure wines. In fact, so free from alcohol are some of the wines of France and Italy, that it has to be added before they will bear transportation. To make wine in Massachusetts, you must raise such grapes as the Delaware and Diana.

Literary Notices.

THE AMERICAN PHRENOLOGICAL JOURNAL AND LIFE ILLUSTRATED for Nov., now ready, contains—

George N. Briggs, Phrenological Character and Biography; A Productive Life; Temptation; Imagination—Processes and Faculties. No. II; Moral Philosophy, or the Duties of Man Considered in his Individual, Social, and Domestic Capacities; Prof. Daniel E. Groux, Phrenological Character and Biography; Insignia of Rank; Woman's Voice; Grace Darling and her Island-Home; The Key Found; Complimentary Phrases in Persia; The Right Man; The Illustrated Phrenological and Physiological Almanac; Lewis' Gymnastics; To Correspondents; Special Notices; Of Right Mind; Advertisements, etc.

THE ATLANTIC MONTHLY for November is received, rich and racy as usual. Its contents are: George Sand; Hair Chains; The Flower of Liberty; Alexis de Tocqueville; Agnes Sorrento; Health in the Camp; "The Stormy Petrel"—a Story of To-Day, Concerning People who Carried Weight in Life; Why has the North felt Aggrieved with England; The Wild Endive; The Contrabands at Fortress Monroe; The Washers of the Shroud; Reviews and Literary Notices. Terms, \$3 a year. Ticknor & Fields, publishers, Boston.

REBELLION RECORD.—Part 8 of the monthly edition contains, in addition to the usual valuable collection of Documents, Facts, Rumors, Narratives, Poetry, Anecdotes, Incidents, etc., fine portraits from steel engravings of Generals Beauregard, Banks, and Wool, and of Commodore Sringham. Price, 50 cents. G. P. Putnam, publisher, New York.



NEW YORK, NOVEMBER, 1861.

WATER.

"To the days of the aged it addeth length,
To the might of the strong it addeth strength.
It freshens the heart, it brightens the sight,
'Tis like quaffing a goblet of morning light."

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

HUMAN PERFECTIBILITY.—This has long been one of the vexed questions in theological controversies. Whether perfection was attainable by human beings on earth, or in what that perfection consists, have been hitherto discussed mainly from the mental or religious stand-point alone, with but little reference to bodily or physiological conditions. And for this reason, in our judgment, the subject has never been very well understood.

We have had the pleasure, through the politeness of the author, to peruse a tract on this theme, from the pen of Dr. J. Jennings, of Oberlin, Ohio. A brief allusion to the antecedents of the author's production will enable the reader better to comprehend his ability to treat this subject judiciously. Dr. Jennings' name has long been a household word with medical and dietetic reformers. Formerly he practiced medicine in Derby, Conn. His professional business was extensive and lucrative, but there were two disorganizing elements at work in his nature to ruin his reputation and destroy his business. He kept a conscience, and he had an independent judgment. These elements being kept in constant operation, eventually convinced him that the drug system of the Healing Art was at war with truth and nature—that poisons did not cure diseases—and that patients who did not die, recovered *in spite* of the medicine, and not with its assistance. With this conviction, Dr. Jennings practiced for several years, administering only harmless placebos, as bread-pills, colored water, etc., and his success was so remarkable as to be acknowledged, and to extend his fame in all the region roundabout. The people in that section of our country, however, have not, we fear, profited much by the lesson; for, on Dr. Jennings remov-

ing from the place, they employed the drug doctors, and have probably ever since swallowed their poisons when prescribed, *secundem artem*, as submissively and unthinkingly as though they had never been taught better.

No man can make the discovery which Dr. Jennings made, if he is a man, and not become more progressive in his investigations. It places the great problems of human life before him in a new light, and opens, as it were, a new world to his vision. Dr. Jennings recognized the great fundamental truth, that nature alone cures disease, and that all that art can or should do is to supply favorable conditions for the exercise of the remedial power inherent in the living organism. Applying the principle involved in this proposition to our voluntary habits, the Doctor saw at once that a large proportion of the diseases and vices of society had their origin in erroneous habits of living, and especially in the employment of flesh food and stimulating beverages. Hence he became a strict vegetarian and a strong advocate for temperance.

The tract before us takes the ground that Human Perfectibility is not only a possibility, but a probability; nay, a certainty very soon to be realized. It even predicts that two centuries will not elapse before a large portion of the inhabitants of this earth will live in a millennial state. This calculation is based on the natural results of influences now in operation to enlighten the people in the mode of living in harmony with the laws which the Creator has established in their organization. A devout believer in Divine revelation, as recorded in the Bible, the Doctor reasons to the physiological basis, as the starting-point of all enduring progress and permanent reform or improvement, moral or religious, in the human race.

This is precisely the ground which the WATER-CURE JOURNAL has occupied in relation to this subject from the first, and for which it has sometimes been called hard names. We do not mean, and never intimated, that all persons who adopt a vegetarian diet, or a strictly physiological regimen, will necessarily become good men and Christians; nor that persons may not be good Christians while their habits are very unphysiological, and their bodies badly diseased. But our position is, and always has been this: Those who are good citizens, good neighbors, good Christians, while liv-

ing in disobedience to the laws of life, and suffering therefor the penalty of disease, will be better citizens, neighbors, and Christians by living in obedience to physiological law, and enjoying the condition of perfect health. And so conversely, a bad man will be a worse man precisely in the ratio that he departs from the laws of his being in his voluntary habits. There is, in our judgment, a natural and determinate relation between internal conditions and outward conduct, which the intelligent philanthropist should recognize as a primary truth in all his schemes for reforming, improving, and developing human beings bodily, mentally, or spiritually; and this principle we are glad to find so clearly put forward by Dr. Jennings as the basis of his Philosophy of Human Perfectibility.

VEGETARIAN CONVENTION.—The Twelfth Annual Meeting of the American Vegetarian Association was held at the Lecture-room of the Hygeio-Therapeutic College, No. 15 Laight Street, on Wednesday afternoon and evening, September 25th, 1861. Rev. Dr. Metcalfe, of Philadelphia, President of the Society, occupied the chair. The Doctor has been a vegetarian for fifty-two years, and is now in his seventy-fourth year, a living illustration of the benefits of a proximate return to the natural diet. In relating his experience, he stated that he had raised several sons and daughters, all of whom are now living in good health, are all married and have families, and none of their children nor grandchildren have ever tasted flesh. In answer to inquiries as to the physical endurance of vegetarians, and their exemption from sickness, Dr. Metcalfe alluded to several remarkable cases, among others that of Mr. John Chorlton, who recently died in Philadelphia, in the ninetyeth year of his age. He had been a strict vegetarian for the past fifty-four years, abstaining from fish, flesh, fowl, and from all intoxicating beverages. Nearly thirty years ago he abandoned tea, coffee, and tobacco. His health, during his long and laborious life, had been uniformly good; and for the past thirty-four years he had worked constantly as a journeyman dyer, an occupation well calculated to put his physical endurance to the severest test. His mind was clear, active, and vigorous to the last.

Dr. Grimes, of Boonton, N. J., addressed the meeting on the philanthropic and humanizing influences of Vegetarianism. He also alluded to its great im-

portance, not only in curing febrile and infectious diseases, but also in preventing them. Dr. Grimes is himself an excellent illustration of the vegetarian theory. Now sixty years of age, very few flesh-eaters at fifty present a more hale and vigorous appearance. We have been personally acquainted with the Doctor for a dozen years, and can hardly perceive that this period of time has added a single wrinkle to his brow during this period. Dr. Grimes has always been a hard-working man, and, we may add, in this connection, that three years ago he married his second wife, having been a widower nearly twenty years. He has a young son, two years of age, as fair a specimen of health and beauty as one need to look upon.

Mr. Seth Hunt, of Northampton, Mass., related his experience. He has been a vegetarian for nearly a quarter of a century, and has five children, from eleven to twenty-two years of age, all of whom have been raised without flesh food, and all are remarkably healthy.

In the evening, addresses were made by R. T. Trall, M.D., E. P. Miller, M.D., Frank R. Jones, M.D., and others, and a number of questions and objections presented by the audience were answered. The following resolutions were adopted:

1. That, as the Creator is a being of infinite benevolence, he must have created the human race for happiness, and therefore could not so arrange that man, in order to supply the demands of his nature for food, should be obliged to resort to measures, every step of which is marked with blood and cruelty.
2. That, whether as an economical, or physiological, or religious question, we hold that a true vegetarian system will bear the tests of the most rigid scrutiny and the most searching criticism.
3. That, as to the benefits and superiority of a vegetable diet, all we ask of any opponent is, that he shall give it a fair practical trial.
4. That, the slaughter-house is inconsistent with good morals and the reign of peace and harmony on earth.

The following officers were re-elected for the ensuing year:

PRESIDENT.

Dr. William Metcalf, Philadelphia, Pa.

VICE-PRESIDENTS.

Dr. John Grimes, Boonton, N. J.

Dr. R. D. Muzzey, Boston, Mass.

Dr. R. T. Trall, New York, N. Y.

Dr. Isaac Jennings, Oberlin, Ohio.

Mr. Seth Hunt, Northampton, Mass.

J. S. Africa, Esq., Huntingdon, Pa.

O. S. Poston, Esq., Harrodsburg, Ky.

H. S. Clubb, Grand Haven, Mich.

L. S. Hough, A.M., Lambertville, N. J.

TREASURER.

Mr. Edmund Brooks, Philadelphia, Pa.

SECRETARY.

Mr. Wm. Taylor, Kensington, Philadelphia, Pa.

NEW YORK VEGETARIAN SOCIETY.—This Association will hold its annual meeting on Monday evening, November 18th, 1861, at the Lecture Hall, No. 15 Laight Street, and regular monthly meetings thereafter. It would be a gratification to the members of the Society, as well as a source of mutual aid and encouragement, if we could know who and where our friends and co-workers are. Though widely scattered over the United States, and but few in any one place, we are of opinion that, if we could parade all of their names in our columns, we could show a very respectable vegetarian army. To this end we propose to vegetarians, in any part of the world, to send in their names, with such data of personal experience and such remarks as may be of public interest, to Frank R. Jones, M.D., care of Dr. Trall, No. 15 Laight Street, who will attend promptly to their communications, and prepare all such matter as may be of public interest for publication in the WATER-CURE JOURNAL and the *Laws of Life*.

OUR WINTER SCHOOL.—We have already booked the names of applicants enough, who have engaged to attend the ensuing winter term, to make a respectable class in point of numbers, and expect to hear from others before the lectures commence. We intend to have the lectures commence promptly on the day announced—Monday, November 11th—and it is very desirable that every student should be present, if possible, at the opening. Business in this city, and in many parts of the country, seems to be rapidly recovering from its recent semi-paralysis, and we shall accordingly make preparations to accommodate a larger number, both of patients and students, than we otherwise should have done. Our Institution has been crowded to its utmost capacity lately, so that Messrs. Fancher and Miller have been obliged to rent additional rooms in the neighborhood. They will be able to accommodate a limited number of students. We can also accommodate ten or a dozen in our private house, which is located in a clean, quiet neighborhood, but a few minutes walk from the College.

LECTURES AND CLINICS.—We intend, during the ensuing winter, to give one course of Public Lectures or Clinics per month, and possibly two. We can keep up our lectures to the medical class and be absent from the city one third of each month,

which time we are willing to devote to the business of explaining our system to the people, and arguing it into their heads and hearts, wherever we can make it convenient to meet them. We prefer, of course, to go where the "call" is the loudest; in other words, where the people are most interested in the subject; and we would choose those places, if there be any such on the broad earth, where the drug-doctors would honor us with their presence. Our friends, therefore, who desire to agitate the health-reform, or the medical-revolutionary movement, during the winter, will please correspond with us on the subject at an early day, so that any arrangements we may make may have as much public notice as possible.

During the present month we shall give a course of lectures in Boston, Mass., and in December, during our school vacation—from Christmas to New Year—we shall accept the invitation of Dr. M. Nevins, of Peoria, Ill., to visit that place, and talk hygieo-therapy to the people of Prairie Land. If business affairs will permit us to be absent another week, we shall probably visit and lecture in Chicago. Other arrangements we may be able to announce in the December number.

We wish that more of our students would prepare themselves to become efficient lecturers, for here is a great and growing field in which we can do but little except to set the ball in motion. The people, in a thousand places, are just beginning to study our system in earnest, and they want somebody to explain it to them, clearly and scientifically, and to disabuse their minds of a thousand prejudices and misrepresentations which the ignorant and interested have arrayed against it; and to answer the cavils, and the clamors, and the assertions, and the fallacies, and the falsities of the drug-doctors. Young men, and young ladies, too, who are thoroughly reformatory in their opinions and habits, and have a natural fluency of speech, and, moreover, a love of the work, could not select a better vocation, either for themselves or for the good of society, than that of lecturing to the people in churches, town-halls, barns, groves, school-houses, or private parlors—wherever an audience, large or small, can be gathered—on physiology and hygiene, as applied to the preservation of health and the cure of disease.

PHYSIOLOGICAL SCHOOLS.—Our late article on the Schools and School-houses of New

England has attracted considerable attention, as we infer from several communications we have received from persons, who inform us that, in consequence of our suggestions, they have determined to make a beginning in their respective neighborhoods. One lady asks us to give her the details of a proper plan or system, with all the requisite arrangements, rules, and regulations, etc. This we can not do. We can only indicate the principle, and leave those who have more time and leisure to manage the details. We would remark, however, that the vital pre-requisite is, fitness on the part of the teacher. If he or she is well posted in physiology and hygiene, and has a moderate acquaintance with ordinary school-books, and is, moreover, thoroughly imbued with a love of the work, experience and observation will soon suggest all the practical methods within reach for working out the problem. As one of the great errors in our common school system consists in keeping the scholars too closely confined to their seats, the following paragraph, from the *Medical Times and Gazette*, is worth remembering:

PHYSICAL TRAINING. Among the parliamentary papers recently issued, are two small volumes containing some information collected by Mr. Edwin Chadwick during the recent education inquiry. Mr. Chadwick shows in these papers that the present practice of long hours of teaching is a wide cause of enervation and predisposition to disease, and induces also habits of listlessness and dawdling. The half-time system is found to give nearly, if not quite, as good education as the whole time; and common sense tells us that a boy who has acquired the same amount of knowledge in half the time of another boy, must have obtained a proportionately superior habit of mental activity. It is this alertness, combined with the bodily aptitudes created by drill, that gives the comparatively stunted boys of the town a preference over the strong, robust lads from the coast. Good schoolmasters say that about three hours a day are as long as a bright, voluntary attention on the part of children can be secured, and that in that period they may be really taught as much as they can receive; all beyond the profitable limit is waste.

PILULÆ HYDRARGYRI.—One of the most desperate and persevering cases of mercurial pilling—not to say *killing*, for the patient still lives—came under our observation recently. Some fifteen years ago the patient took a dose of “blue pill” for a torpid liver, as is the custom under allopathic auspices. At the end of a year he had occasion to repeat the dose; then, at the expiration of another six months, there seemed to be a necessity for *blue-pilling* again; then the dose was required in three months; then in two; then in one; and finally every week, until at last the poor mercurialized

liver, having had its persistent torpidity incessantly *blue-pilled* for a dozen of years, utterly refused to respond, and now the patient is in our hands, a confirmed dyspeptic, with a badly shattered constitution and a nearly ruined liver. Verily the Irish doctor was not far out of the way when he sent in his bill to his bereaved customer:

Dr. To curing your wife till she died, \$100.”

A PANEGYRIUM.—The faculty and friends of the New York Hygieo-Therapeutic College have organized an association with the view of more completely combining useful education with agreeable recreation. The plan will be under the personal direction of Dr. H. F. Briggs, Professor of Elocution, who will give instruction also in elementary music and in dancing, so far as positions, gestures, gracefulness of movements, etc., are concerned. He will also instruct the members in the military attitudes and drill, so far as they are applicable to a proper training and physiological development of the system. Medical students will have all the advantages of these lessons and exercises without extra charge; others will pay a moderate charge to meet expenses. One or two evenings of each week, during the school term, will be devoted to this department of our Institution, and it will be an excellent feature for patients as well as students.

To Correspondents.

Answers in this department are given by Dr. TRALL.

RETAINED PLACENTA.—M. D. J., Newton, Ct. When the placenta adheres to the uterus, after childbirth, have patience until the contractions of the organ detach it. If hemorrhage attends, it should be restrained by cold applications. In some cases, when the bleeding can not be arrested, it may be necessary to detach the placenta. But this requires a competent physician.

HYGEO-THERAPY.—The price of the Biennial Catalogue for 1860-1, containing a Lecture in exposition of the fundamental principles of Hygienic Medication, is ten cents. We often give them away where we think it will advantage us as well as others; but when persons order them for their own benefit, we expect a dime as an accompaniment.

TUMOR IN THE BREAST.—M. A. C., Newark, Mich. “About six months ago, I discovered a lump in my left breast, on the upper side. It is loose and very hard, about the size of a small egg; there is no discoloration of the skin, but it is sometimes attended with a sharp pain.”

The disease is probably cancerous, and the sooner it is attended to, the better the prospect of a radical cure. We can not treat surgical cases unless the patient is with us.

NERVOUS HEADACHE.—Mrs. M. A. S., Athens, N. Y. What is commonly called “nervous” or “sick headache,” is, when habitual, almost always occasioned by constipated bowels or torpidity of the liver. Usually both conditions coexist. You should adopt a plain vegetarian diet, eschew milk and grease, and take a morning ablation and an afternoon sitz-bath. The wet girdle would also be useful.

DIPHTHERIA.—J. V. B., Tipton, Ind. Please give us some information in regard to an epidemic that is now peopling our graveyards very fast. This disease has been in different parts of this county (Tipton) for about two years, and for me to give any estimate how many have died from it, would be a thing impossible, when our best doctor (allopath) is reported to have lost forty cases.

The disease commences with a redness and swelling of the tonsils and uvula, partially obstructing the voice. In a few hours small, white follicles, resembling pus, are discovered about the tonsils and fauces, which gradually coalesce, forming, in severe cases, a complete covering to the fauces of a pseudo membrane, which, on being detached by caustic, or other means, is soon replaced by another. These symptoms are generally accompanied by a chill, followed by a fever. The swelling rapidly increases, extending to the outer part of the neck and face. In about three days the disease, if not prevented, will have extended up into the posterior nares, lining them with the false membrane. Immediately after, or perhaps about the same time, it extends down to the glottis; from that it runs its course rapidly, extending down the trachea, bronchia, and into the air vesicles—at least, I judge that is the course of the disease from the symptoms presented, which are cough and swelling of the neck and chest, a hoarse ratling in the lungs at every inspiration, and difficulty of breathing. After these symptoms have been present about twenty-four or thirty hours, chills come on, followed by flashes of heat, and then more chills. About this time, if the hand be placed near the region of the heart, fluttering of that organ may be distinctly felt. Now set in symptoms of gangrene, followed in about twelve hours by death.

I have described the malignant form, having never seen any other.

Now will Dr. Trall tell us what it is, and how to treat it? Indeed, judging from the reports which are coming in from every part of the State (Ind.), I think a lengthy article on that disease would entertain the readers of the *WATER-CURE JOURNAL* more at this time than any other.

The disease is diphtheria, which has been very prevalent in various sections of our country during the past two years. We have frequently described the proper treatment. You will find directions in our small work on “Diseases of the Throat and Lungs.” Our large work on diphtheria will be soon published.

PROPOSITIONS.—J. B., New Lebanon, N. Y. Will the editor of the *W.-C. J.* give his views, *pro* and *con*, concerning the following?

1. The excretions of an animal are poisonous to it if taken back into the circulation.

a. Therefore, all excretions should be removed, or be allowed to pass off as quickly as possible.

2. The pores of the skin, as well as the lungs, are capable of absorbing poisonous matter into the circulation.

b. Therefore, the skin and lungs should be carefully guarded against poisonous, absorbable matter.

3. Perspiration is an excretion carrying off effete matter from the system, which matter, if reabsorbed, is poisonous.

c. Therefore, the effete perspired matter should be removed, or be allowed to escape from the body as quickly as possible.

4. Clothing the body necessarily causes poisonous, effete, perspired matter to remain in contact with it.

d. Therefore, clothing, in that respect, is injurious to the body.

5. During sleep, in cold nights, there are two methods of keeping the body warm, by retaining the body heat by means of clothing, or by artificial heat. But the retention of the body heat by clothing is injurious.

e. Therefore, while in bed, in cold nights, the body should be kept warm by artificial heat.

General Deduction.—The bed-room, in cold nights, should be well ventilated and kept at a comfortable sleeping temperature by artificial heat, and the sleeper should be covered as lightly as decency will permit. By gradually reducing the temperature, it is probable that the sleeper may become accustomed to a very moderate degree of artificial heat.

We assent to all the positions and deductions above, with a slight qualification in relation to clothing. If clothes are loosely worn, and frequently changed—and the same is true of bed-clothing—they will absorb some of the perspirable matter, and admit another portion to pass off through them. There may not be much to choose between artificial heat and a due supply of proper bedding. But all artificial covering of every kind should be light as possible without actual suffering.

SALT AND ALCOHOL.—R. M., Oswego, N. Y. How does the physiological solution of salt to the human organism differ from that of alcohol?

The relation of both salt and alcohol to all living organisms is pathological, not physiological. In a word, they are both poisons; hence their relation is the same.

TEXT BOOKS.—J. P. S., Worcester, Mass. Any of the standard works may be used as text-books in the Hygieo-Therapeutic College. The majority of our students use Gray's Anatomy, Dunglison's Dictionary, Meigs or Cazeaux's Midwifery, Dalton's Physiology, Youmans' Chemistry, and the Hydropathic Encyclopedia.

PALPITATION.—A. K. S., Hartford, Conn. The symptoms you describe do not indicate an organic affection of the heart, but constipation of the bowels and congestion of the liver. Use tepid enemas, hip-baths, and a daily ablation. Abandon coffee, butter, milk, cheese, and all salted meats. "Water-Cure for the Million" will tell you how to make the right article of bread.

ANGINA PECTORIS.—P. B. B., Detroit, Mich. I have had for many years frequent attacks of acute pain darting through the chest and in the region of the heart, with oppressed breathing and great difficulty of lying on the left side. Am much troubled with heartburn, flatulence, sour stomach, sense of weight in the stomach after eating, great depression of spirits, etc. I have taken "a power of medicine," morphine, lobelia, stramonium, niter, some mercury, etc., all to good effect.

It is a wonder you are alive after such *powerful* attention from the doctor. Live very abstemiously on the plainest food. Take a tepid half-bath each morning, and a sitz for ten minutes, at 80 degrees, afternoon and evening. Exercise all you conveniently can in the open air. Horseback riding is excellent. Your main trouble comes from an enlargement of the liver and spleen, the consequence of the ague and fever you had some years since, or rather, of the quinine you took to cure it.

DIPHTHERIA.—B. V. H., Carroll, Ohio. 1. Will strict attention to the laws of health ward off an attack of diphtheria, in an infected district, provided a person be directly exposed to that infection? 2. Is it a contagious disease? 3. Is it not scarlet fever of the worst type?

1. The first proposition is a sad muddle. Strict attention to the laws of health, with healthy conditions of body, will prevent every kind of disease under the sun, at all times, and under all circumstances. But no one, as it happens, can give strict attention to the laws of health while breathing infectious malaria. Whether one will have the diphtheria, depends on the amount of impurity he is exposed to, the length of his original constitution, etc. 2. It is contagious only under certain circumstances, as, for example, in the foul air of unventilated rooms. 3. It is certainly analogous if not identical with the malignant scarlet fever, sometimes called "putrid sore throat."

SHUTTING THE MOUTH.—F. P., Arkport, N. Y. What method can be taken by those who habitually keep the mouth open, exposing large, homely teeth, both while awake and asleep, to keep the mouth shut, as advised in the September W.-C. J.? In such cases can the upper lip be made to naturally cover the teeth? If so, how?

Many exercises can be resorted to beneficially. One of the best is, running or dancing, holding the mouth as firmly closed as possible. Running or walking rapidly up and down stairs is a good practice. Reading in a loud whisper, taking pains to articulate each syllable distinctly, is another good exercise. The appearance of thick or everted upper lips can be greatly improved by these practices. Lying flat on the back, on the floor, and breathing slowly and deeply as possible, is worth practicing. Be careful and eat a light supper, or your mouth may never come in proper shape.

STAMPS.—When sending stamps to prepay answers, do not paste them on the letter. It is more trouble to remove them (when one is in a hurry) than they are worth. They will always come safely if put loosely in the letter.

A DISCUSSION THREATENED.—J. A. N., Corning, N. Y. If the physician to whom you allude will meet us in fair debate, on the merits and demerits of the Drug and Hygienic Medical Systems, we will meet him there or here, as he may elect, any time, on one month's notice.

DATES—CORN—EYES.—A. E. S., Framingham, Mass. Dr. Trall: 1. If dates are so put up as to retain their sweet and agreeable taste for three or more years, would their age be particularly objectionable to their use as food?

2. Chemists tell us that corn, wheat, and the cereals generally, if cut a few days before perfect ripeness, have considerable more nutritive matter than if allowed to stand until quite ripe, since by that time a portion has turned to woody fiber. Is the nutritive matter less healthful if cut when nearly, but not quite ripe?

3. For near-sightedness: close the eyes and press the fingers gently from the nose, outwardly, across the eyes. This flattens the pupil. Do it several times a day.

For loss of sight by old age: pass the fingers or towel from the outer corner of the eyes inwardly, above and below the eyeballs, pressing gently against them. This rounds them up and preserves or restores the sight. The PHRENOLOGICAL JOURNAL speaks of these rules as long known. Lawyer Hare, of Lancaster, Penn., is said to

have restored his sight by manipulating his eyes, at the suggestion of John Q. Adams. Do you think the above rules safe?

1. No. 2. No. 3. Yes.

BOILS.—T. H., Newville, Ind. Dr. Trall: Some years ago I was disabled by boils, resulting in running sores. Sometimes these ulcers would last years. After trying all the remedies of the drug-doctors and all the patent remedies of the old women, I finally got relief from an abstemious diet; and then, after some eight years of my former diet, of fine flour, meat, etc., without boils, I commenced eating Graham bread. And now, after some four weeks' diet on coarse bread, I have four boils, with a fair prospect of more. Is the Graham bread the cause of the boils?

Can't say. You probably eat other things besides Graham bread, and have, no doubt, other habits besides those of eating. Give us a history of yourself, and then we will answer your question. It is quite possible that a return to a purer and more simple dietary enables the system to throw off the impurities it has accumulated during the preceding years in which you lived on the usual gross food, and that the boils are among the evidences of the process of purification.

ALCOHOL AND DIGESTION.—W. A. J., Huntington, O. Dr. R. T. Trall—Dear Sir: I have adopted the vegetarian diet, and am taking water-treatment at home, after a stay of eleven weeks at a water-cure with good success. Will you please answer the following questions, either through your JOURNAL or by letter: 1. Does the act of digestion produce alcohol from the grains in the stomach? 2. Does rain water possess vegetable matter when falling from the clouds? 3. Does water, passing through a filter, and then standing in the cistern, become impure and unhealthy?

P. S. In regard to the first question, a gentleman asserted that pure alcohol was generated from the grains in the stomach by the digestive process. I had no authority to refute it, but still did not believe it.

1. No. No one but a profound ignoramus in physiology would ever assert any such thing.

2. No.

3. That depends on how long it stands, and how the cistern is constructed and located. It is almost impossible to construct cisterns so that water in them will not become impure by long standing.

ALL FOR THREE CENTS.—Some erratic genius sends us a three-cent stamp, with the modest request "Please to inform me of some means by which I can secure strength, activity, and vigor of body."

Our fee for writing prescriptions for self-treatment is five dollars; but perhaps we can do our friend an equal service for his postage stamp, in recommending him to read the WATER-CURE JOURNAL attentively, study the "Hydropathic Encyclopedia" faithfully, and religiously practice their teachings.

VEGETARIANISM, ETC.—J. A., Herkimer, N. Y. 1st. How can you reconcile the fact, to the vegetarian diet system, that no vegetable food whatever will grow in some parts of the earth, and of course the inhabitants are compelled to live exclusively on animal food?

2d. At what age and of what disease did Sylvester Graham and Joel Shew respectively die?

3d. How do your cooks, at 15 Lighthouse Street, make that delicious wheat-meal bread or bread cakes, which appears on your table? I think that many will want to know this, as the "Hydropathic Cook Book" has no receipt which will produce anything like it. Of course the only ingredients are water and meal, but what are the other essentials?

1. It does not need "reconciliation." People are not obliged to live where vegetable food can not grow, as there is ample room elsewhere on the earth's surface. But admitting it to be expedient for people to inhabit, for a time, places where but little food except animal can not be procured, it does not follow that animal food is man's best or natural food. Many persons live where the water which they drink is very impure, but this does not prove that pure water is not the natural drink of man and of all animated nature.

2. Graham died at the age of 57. Dr. Shew at about 45. Both were the victims of disease acquired in early life. Their dietetic and other habits tended to prolong their lives many years, but there is no doubt that intemperate labor very greatly abbreviated the period of their earthly existence.

3. Mix the wheat-meal quickly with boiling water into a rather soft dough, then make it into small thin cakes or rolls, and bake in a quick oven. You will find in "Water-Cure for the Million" convenient recipes for making this and other kinds of bread.

Miscellany.

AMERICAN YOUNG LADYISM

MR. J. G. KOHL, a German traveler, who has described more than half the civilized world, has recently written what purports to be an account of the young ladies of America. Our lady readers will not probably agree with all he says of them; but, nevertheless, we suspect they will read every word with great attention and interest. As for readers of the other sex, we recommend them to believe nothing Mr. Kohl says, unless it is substantiated by their wives, sisters, or sweethearts.

ALL AMERICAN WOMEN BEAUTIFUL.

Our traveler begins by remarking that our domestic institutions produce a singular sameness:

"That beauty, however, should become democratic, is a remarkable fact for the observer. The fair sex in America has not only the same universal feelings, impulses, and passions, the same education and requirements, which they have obtained from institutions all of a like pattern, but also the same charms. There is a greater national family resemblance among American women than among those of any European country. The general affinity in manners, comfort, and social value has had such an effect on the type of beauty, that they all appear to have issued from the same mold and school. An American *salon* filled with ladies resembles a hyacinth-field in the sand-gardens of Berlin.

"Clumsy, coarse features, striking deformities, original and characteristic ugliness are found neither among American men nor women. No one could dream, there, of asserting that *le laid c'est le beau*. The great majority of women are moderately pretty, very passable, or pleasingly pretty. Still their charms are concentrated more in their features than in their demeanor, figures, or corporeal shape. A classical bust, rounded arms, and well-developed limbs are the greatest rarity among them. You may gaze on a hundred and not discover one shapely waist. The effeminate manners of these anything but Spartan republican ladies, their horror of bodily movement and physical exertion, produce a neglect and decay of the entire muscular system. Walking in the open air is something quite unusual with them, for in their country, where there are no footpaths or promenades, they move about in carriages, and rarely on horseback. The rest of the long day they spend, after the fashion of ladies in Eastern harems, on softly cushioned sofas, or in their favorite rocking-chairs by the fireside. Full beauties, à la Reubens, are never found among them, and equally rare are those graceful, well-rounded, elastic, Junonic forms, which may still be seen in Italy and other European countries. The ladies of Kentucky alone offer an exception to this, but the rest all resemble tulips, in whom only the head delights. Their faces, too, are pleasanter through the delicacy of the outline than in the color or expression. Their complexion is hardly ever rosy, and rarely lively and fresh. They are all somewhat pallid, like zealous romance readers among ourselves. They seem to be hot-house plants, and their entire

education and formation in the fashionable ladies' academies is on the forcing system. Those pretty, delicate, pale faces are met with not only in the capitals, but far away up the Mississippi, in the new settlements, and in the prairies among the Indians.

FARMERS' DAUGHTERS.

"Even the farmer's daughter looks exactly like a denizen of the towns, reads romances, insists on dressing in silk, and dresses her hair with artificial French flowers in contempt of the natural children of Flora. Lad in the larger towns are so proud of their pale, interesting complexion, that they disguise and try to drive away the natural roses on their cheeks as something coarse and vulgar. They veil themselves carefully from the beams of the burning sun, drink vinegar, and employ other artificial measures to develop still further the moonlight on their faces. An English-woman, or any fresh beauty arrived from Europe, resembles among American ladies the accompaniment of flutes by a key-bugle.

DEMAND AND SUPPLY OF WOMEN.

"The necessity for female society runs through the whole history of American colonization side by side with the Indian wars. At a later date the 'Pioneers of the West,' who crossed the Alleghenies and settled on the Ohio and the Mississippi, wanted wives, who at all times have been, and still are, a rare and valued article in the United States. Just as the first emigrants attracted them from Europe by all sorts of promises, the later emigrants returned to the Eastern cities, chivalrously paid court there to young girls, and worked hard to fulfill their promises. This, in my opinion, is the main basis of woman's position in America, and she has been pampered, caressed, dressed in silks and satins, till she gradually became the tender, pretty, delicate, capricious, fashionable puppet she now is.

INDEPENDENCE OF AMERICAN WOMEN.

"The intercourse of American gentlemen with these pretty, pale, elegant ladies is—so long as they are unmarried—of a nature that would not be tolerated in England. They stand in far too bold and confidential a footing for our notions. English parents, it is known, grant their daughters far more liberty than the French do, who keep theirs in a convent till it is time to marry them. Among the Americans, where the republican feeling of independence is added to that inheritance from English habits, and is born with children of both sexes, this liberty has necessarily degenerated, just as you find much across the ocean which in England would press out of the ground like a tender, sweet-tasted asparagus head, but in America has shot up wildly and luxuriously into a long, hard stalk, with multitudinous shoots and seeds. The emancipation of young women in America is as perfect as it well can be; they hardly allow their parents the right of guardianship. They take care of themselves; they are allowed to receive the visits of young gentlemen, who again introduce other gentlemen without consulting the parents. The young ladies make appointments with these gentlemen, and ask them to call in the morning, or to take tea, even should papa and mamma not be at home, or happen to be engaged in another part of the house.

THE BEAUTY ON THE FAMILY.

"If there be any especial beauty among the daughters of a family, she assumes the mastery so utterly that, so to speak, everything is done in her name. Even though the official invitations to balls and parties are made in the parents' name, the daughter has most certainly selected the candidates. She will also invite any one she pleases, or may be introduced to, without asking papa or mamma. When young people arrange to visit any house in the evening, they do not say, as in Paris, 'Shall we pay a visit to Madame N. to-night?' but, 'Shall we go and call on Miss A. or Miss B.?' The good papa, some rum-bibbing member of Congress, or senator bothered with political committees, is not at all taken into consideration. On entering the house the daughter is naturally seen sitting in the center of the sofa, and the conversation is exclusively addressed to her. In many cases the mother is quite passed over. If she be at all old and wearisome she generally sits with grandmamma, warming herself at the fire. It often happens that a stranger may stand on very intimate terms with the daughters ere he has been introduced to the mother.

OF BEAUX.

"The expression is extremely characteristic of the superficiality of the relations and sympathies between the two sexes in America. External beauty is certainly highly valued in most countries; it is a human weakness, which, however, is not displayed so openly among ourselves. In America, on the contrary, ladies do not hesitate to state that they only estimate men by their beauty. 'Who was your beau last night?' they ask one another—even the farmers' daughters. 'You shall be my beau to-morrow,' they say to a young man. 'Oh, indeed, Mr. P., you were last night a perfect beau for me; you left nothing to desire,' they say to the old gray-haired Mr. P., when they want to flatter and console him. The English also employ the word, but more in the contemptuous sense of a 'fop.' The American ladies select this fop, pomaded and brushed up by the hair-dresser, as their 'cavalier.' They also use very frequently the French words 'chaperon' and 'chaperoning,' borrowed from the days of chivalry. Strangely enough, men are heard much less frequently alluding to their belles than girls to their beaux. It seems as if the American ladies had turned the world topsy-turvy and converted men into the fair sex. Frequently men are made love to and cajoled by the women; and American gentlemen hence have something passive about them, like ladies among ourselves, and they may often be seen retiring, exhausted and drooping, from ladies' society, to sink into silence and indifference in the drinking saloons.

THE WORD "ELEGANT."

"The American ladies have also received into their every-day English language many other French expressions which the English employ rarely, or give a very different meaning to. Thus, they have a remarkable propensity for the term 'elegant.' It has grown one of their favorite words, which they incessantly repeat, and whose broad and various application is no little characteristic of them. English ladies generally apply this word, borrowed from the French, to

articles of luxury, to products of the lower branches of art, where it is in its place, and means so much as 'pleasing in exterior and form.' English ladies would never think of expressing their pleasure with things of greater internal value, which must be gauged by a higher standard, by employing the trivial expression 'very elegant.' Only American ladies do this: they describe as elegant the toilet and amiable behavior of their beaux, equally with the garish furniture of a room all glistening with ormolu and enamel. For the pretty verses an adorer lays at their feet, they have, too, no higher praise than that they are 'very elegant—very elegant indeed.' They also call the speech of a high-standing political orator 'very elegant.' A flower in a garden bed, the fragrant lily, or the regal rose, is only called by them 'an elegant flower.' Even a picture by Raffaele or Correggio receives in the outburst of their enthusiasm no other attribute; if they return from Switzerland, and are asked what they have seen amid the Alps, they praise the 'elegant scenery' of the mountains. This unlucky word and the more unlucky predilection for the elegant, which is met with at every step among American ladies, is so deeply rooted in them, that they have extended the territory of the word to extraordinary lengths, both upward and downward. For instance, going downward, they will talk of an 'elegant dish' they have eaten; and going upward, what we call a good or classical taste, is generally characterized by them as an 'elegant taste.'

LADIES IN PUBLIC.

"The Americans, comparing themselves with other nations, are very proud of the fact that that 'ladies' hold so high a position among them. But to obtain this reputation and praise for their country is often attended with very unpleasant consequences. The ladies tyrannize over the whole land, and interfere in everything. They can in no way be escaped, and a man can scarce ever dispense with their protection. Everywhere they take the first and best places for themselves and their *protégés*. That they should play the prominent part in social circles, and parade like birds of paradise by the side of their husbands, whom they cast into the shade, is only natural, and they can not be blamed for it, but they extend their influence far beyond their natural and domestic circle.

"Unluckily they are very curious, and hence fond of being present at the sittings of the scientific, geological, geographical, and historical societies, where they do themselves no good, and merely tend to render the discussions of the societies shallow, and distract the earnestness of their labors. In the public popular lectures, which are so admired in all the cities of America, the ladies almost entirely set the fashion. A lecturer who displeases them is a ruined man, even though he were backed up by an army of men; if, on the other hand, a handsome, smart lecturer, full of anecdote, gain their favor, he can make his fortune with a few courses. For what the fashionable ladies of one place have heard, those of another also wish to hear, and such a lecturer receives invitations from the most remote towns.

LITERARY LADIES.

"The town libraries, museums, observatories, and other public scientific institutions—localities

in which among ourselves only bookworms, antiquarians, and other originals are seen among the *savans*—are visited by crowds of ladies, who flutter through them. They are the terror of librarians and friends of literature, who wish to bury themselves in their studies. To please the ladies, all such public institutions in the United States must, like the ladies themselves, assume a very elegant garb, and much money must be laid out for striking curiosities, which are speedily brought into a wretched condition by the numerous fingers, and by the ladies digging valuable specimens with their parasol ferules. Very naturally they bring with them to these consecrated spots their beaux, and carry on their flirtations there, as if they were at an evening party. They take the observatories by storm, and compel the polite astronomer, who is prevented from making serious observations, to point them out Jupiter's satellites or Saturn's rings. But even in the presence of the planets, which should fill them with sacred awe, they do not break off for a moment the thread of their flirtations. Unhappily—and this is even worse—these lovely ladies have interfered by flocks in the labors of literature. The European discoverers on the banks of the Ohio or Mississippi an astounding number of celebrated poetesses and romancers whom he never heard of before; and this American crinoline literary cohort constantly pours fresh water on old tea-leaves, and swamps the book market with a fearfully insipid beverage. At times, too, they make their appearance as street preachers, and always play a great part in the intrigues of the religious sects.

THE PRIVILEGED SEX.

"On board the steamers, and in the other modes of communication throughout the country, the ladies have every sort of privilege. On the railways they exert a vigorous right of expropriation over the gentleman, even should he have taken his seat at a previous station. On many other occasions, such as at theaters, in the galleries of the House, or wherever there may be anything to be seen or heard, the 'lord of creation' can never feel safe in his seat, however early he may have taken possession of it. If any one tap him on the shoulder and whisper in his ear the words of terror, 'A lady,' he must spring up at once, and is swept aside like dust by the crinoline, to seek another seat where he can.

"And yet it would be possible to endure all this, and more, if the ladies united with their authority graciousness and a pleasant show of gratitude, and if they—the petted and the *blâcés*—did not regard all the services and indulgences of the men with such indifference, and as a tribute necessarily theirs. Generally, however, they behave as if the men did nothing but their duty. You may dislocate your spine in picking up anything a lady has let fall, or, like Raleigh, lay down your coat before her, so that she may pass dry shod over a puddle, and rarely will you be rewarded even by a smile. And all this robs the weaker sex of its sweetest charm, the gentle and irresistible power by which it elsewhere enchains and thralls the heart of man. Among us the stronger being bows to woman, and the weak darling, conscious of her need and support, rewards him with her gratitude. But, in America, Frido-

lin does his duty like a negro slave, and of course, now and then grows weary of the affair. It is not unfrequent to hear the chivalrous Americans, when out of their wives' earshot, indulge in the most awful declarations of rebellion.

THE POOR HUSBANDS.

"In America this terribly degenerated reverence for women, which might be called more truly pampering and spoiling, is naturally felt most by the husbands, who have entered upon a life long slavery. If a lovely American girl sinks into the arms of a man, to be bound to him for life, she does so much in the same way as she throws herself into her easy chair. Marriage is her pillow, her sofa, on which she intends henceforth comfortably to repose. Upon it she confidently throws all the burden of her cares and troubles; she regards the husband as her factotum, who has to provide for all her wants. He must procure her a house according to her fancy; he must furnish this house exactly as she wishes it; he must arrange and administer kitchen and cellar, and even go every morning before breakfast to make the necessary purchases for the day's meals. Even in Washington you may at times see senators, statesmen renowned in the world, and influential in the papers, hurrying to market at an early hour, with a basket on their arm, and carrying home salad, pastry, green peas, strawberries, or other vegetable produce.

"Even farmers' wives often hold themselves much too high for business of this sort, and scenes of the following nature may be seen at market. A young farmer's wife I once saw sitting in a little one-horse chaise and holding the reins. In her elegant dress she could not, of course, be expected to go into the dust and confusion of the market, so she had sent off her husband. He was busy among the stalls, like a swallow collecting insects for its young, and presently appeared again laden with all sorts of boxes and parcels. These the farmer's wife, naturally, could not take on her silk lap, so the husband had to hold them carefully in the chaise."

The author says in conclusion:

"I have mainly kept in sight the upper strata of society, which, however, sink very deep, as will have been seen, in America. I need hardly add that in this great land, though it is extremely uniform, there are many shades of character among rich and poor, in towns and in the country, into which I can not enter so fully as I could wish. There are entire districts—as, for instance, in the smaller towns of New England—where the female population, although somewhat infected by the general tint, is most respectable, pious, and domesticated. Moreover, this pampering of the women, which I have criticised, has its good side, as, for instance, this: that American men, who display so little innate reverence for old age, or for talent, or for other things elsewhere highly esteemed, have in their wives at least something they venerate, and which, under given circumstances, may hold them in check."

A BEAUTIFUL definition of forgiveness is that of the deaf and dumb one, who defined it as "the odor which flowers yield when trampled on."

DEFENSE OF THE BEARD.

THERE are more solid inducements for wearing the beard than the mere improvement of a man's personal appearance and the cultivation of such an aid to the every-day diplomacy of life. Nature, combining, as she never fails to do, the useful with the ornamental, provides us with a far better respirator than science could ever make, and one that is never so hideous to wear as that black seal upon the face, that looks like a passport to the realms of suffering and death. The hair of the moustache not only absorbs the moisture and miasma of fogs, but it strains the air from dust and the soot of our great smoky cities. It acts also in the most scientific manner, by taking heat from the warm breath as it leaves the chest, and supplying it to the cold air taken in. It is not only a respirator, but with the beard entire we are provided with a comforter as well; and these are never left at home like the umbrellas and all such appliances whenever they are wanted. We have heard Moffat and Livingstone, the African explorers, and many other travelers, say that at night no wrap could equal the beard. The remarkable thing is, too, that the beard, like the hair of the head, protects against the heat of the sun; it acts as a thatch does to the ice house; but more than this, it becomes moist with the perspiration, and then by evaporation cools the skin. A man who accepts this protection of Nature's, may face the rudest storm and the hardest winter. He may go from the hottest room into the coldest air without any dread; and we verily believe he might sleep in a morass with impunity—at least his chance of escaping the terrible fever would be better than his beardless companion's. That our soldiers and sailors have to endure every climate in the world, should be made to travel about with a razor in their knapsack, is as absurd and useless an encumbrance as making them carry a complete set of shoe-brushes. The men would look better and feel better if they were allowed to wear the beard neatly trimmed; and there is no doubt the invaliding which is now so serious a burden to the country would be much reduced, to say nothing of the comfort of the soldiers and sailors; and these deserve some consideration against the arguments of General Pipeclay and Admiral Tartar. Ten years' experience may have made us ourselves a little enthusiastic in favor of *pogonotrophy*; but if a total immunity from toothache, relaxed uvula, coughs, colds, and all the hosts of rheums be any inducement, then we can cordially recommend the beard in all its glory.—*Temple Bar for Sept.*

THERE are many shining qualities in the mind of man, but none so useful as discretion. It is this, indeed, which gives a value to all the rest, and sets them to work in their proper places, and turns them to the advantage of their possessor. Without it, learning is pedantry; wit, impertinence; and virtue itself looks like weakness; and the best parts only qualify a man to be more sprightly in errors and active in his own prejudices.

THERE is no man who would not be mortified if he knew what his friends thought of him.

GOUT AND DYSPEPSIA.

MESSRS. LEONARD SCOTT send us their reprint of *Blackwood's Magazine* for September. The number has several excellent articles. One, *Meditations on Dyspepsia*, is likely to prove one of uncommon interest to American readers, if it is true, as often alleged, that we Americans are more than any other people sufferers from this disease.

MAINTAIN AMICABLE RELATIONS WITH YOUR STOMACH.

To disoblige the stomach is perhaps the most foolish thing that a man can do, and he is certain ere long to repent it bitterly. For the offended organ has avengers, who surely, if not suddenly, make him pay dear for the breach of internal order. Rheumatism begins to assail the limbs, and refuses to be mitigated by mustard. A dull pain, accompanied by something like the palpable ticking of a watch, or a dance of magnetic needles, is felt in the region of the liver. And, last and most terrific visitant of all! the demon gout sticks his fangs into your toe, and thenceforward claims you as his property. We to the individual upon whom gout once sets his mark, for there is no kind of fumigation or exorcism powerful enough to drive him away. Colchicum is to gout what incense was to Jupiter. He may snuff it up, and rather like it than otherwise, but it is no sure propitiation. There is a grim sportiveness about gout which reminds us forcibly of the manner in which a tom-cat plays with a mouse. After a severe clawing, a respite of some duration is allowed to the victim, who begins to entertain a hope that it may be possible to escape from the enemy. Vain delusion! With a sudden bound the monster recaptures its prey, and a despairing squeak of anguish supersedes the faint cheep of exultation. Do not deceive yourself. There is no emancipation for you on this side of the grave; and the odds are ten to one that you are in for chalk-stones. Gout is hereditary in your family, you say? Nothing more likely, if you are willing to give credit to the doctors; and we wish you all joy of the comfort you are able to extract from that aristocratic consideration. Your grandfather and your father worked hard for it, and got it as their recompense; and the terms upon which you have stood for many years in regard to your own stomach justify your succession to the birthright.

AN INTERVIEW WITH MONSIEUR GOUT.

But gout is a great deal more wakeful than conscience. Once evoke that sprightly demon, and you can neither hocus nor banish him. He has the catalogue of your transgressions by heart, and never treats you to a tweak of the pincers without favoring you with an explanation of the torment. In the silent watches of the night he comes to your bedside, and bids you be of good cheer, because he is just going to favor you with an interesting anatomical demonstration.

"That pain which you feel in the joint of your great toe," quoth Monsieur Gout, "has, you flatter yourself, become rather less since eight o'clock, when you took your last dose of colchicum. Quite a mistake, my good sir! The member is, if anything, more swollen and inflamed than before. Observe, now—I shall take the liberty of inserting this little awl, just by way of probe. Aha! it makes you wince. A very good sign that, how-

ever, since it proves that there is no ground for apprehending immediate mortification. Now, do you know why it is that your toe is so singularly sensitive? I'll tell you. You remember, three years ago, ordering a batch of burgundy? Previous to that time you had been in very good health, for you had plenty of occupation and little leisure for gluttony or wine-bibbing; your means were limited, and during the holidays you took a sufficiency of pedestrian exercise. Really, in those days, I never expected to have the pleasure of making your acquaintance. I considered you just the kind of fellow likely to become an ornament of the Alpine Club. But your estimable uncle, old Jones, the stockbroker—bless you, I knew him very well indeed! many a time I have chatted to him when he was roaring like an aggravated bullock—your old uncle, Jones, I say, died, and left you his money. You are not going to sleep, are you? Well, I call that rather unhandsome treatment, considering that I have taken the pains to come here and bear you company! A slight touch of the pincers may, however—aha! all's right again—you are as lively as a snapping-turtle! Whereabouts was I? Oh, I remember. Old Jones left you his money, and you determined to take your ease. No one could blame you for that. What's the use of fagging to make more, when you are already in possession of a cool four thousand a year, and may indulge in a shooting-box and hunters? But you never could make up a respectable bag on the moors, and on horseback you were anything but a Ducrow. You preferred living in town, took chambers in the Albany, gave nice little *recherche* dinners, and laid in that stock of burgundy to which I have already alluded. It was of a fine vintage, strong and heady, and made the blood circulate in the veins like lightning. To it I attribute the honor of our first introduction; though port and claret, not to mention sundry kinds of delicious *entremets*, did undoubtedly contribute to lessen the distance between us. Then you took to late hours, hot rooms, and ecarté, all most justly included in the catalogue of fashionable pleasures; and our acquaintance, at first only slight, has now ripened into permanent friendship. But I really must not allow my feelings to divert me from the scientific purpose for which I have visited you to-night. Don't be afraid! I shall lay aside awl and pincers, and vary the experiment by injecting a few drops of molten lead between the flesh and the bone. Ha! what an enviable yell! Your lungs, I can assure you, my good friend, are in a perfectly healthy state, and may last you for the next twenty years, if you don't force me to get into your stomach. By the way, what a silly proverb that is against pushing things to an extremity! It is with the extremities that I always make a point of dealing. In the first instance; and I take it that very few people would wish me to depart from the practice. What is that you say? You wish that I would go to the devil? Pardon me for hinting in reply that you are both rude and unreasonable! I am here, as you well know, in consequence of your own indiscretions. Perhaps you could willingly dispense with my company; but, my dear sir, you have no kind of choice in the matter. If a man will run into debt, he must expect to have an execution in his house, and a bailiff in his

hall; and certain I am that you have received from me more attention than any fashionable debtor could expect from a wilderness of bailiffs. As for going to the devil, why—hem—I must decline, for private reasons, giving any explanation of the terms on which I stand with that mysterious individual; but are you quite sure that there is not some slight confusion as to the identity in your ideas? Whatever may be my ultimate destination, you, for some years past, have undoubtedly been walking with your face turned in the direction of pandemonium. You don't believe me? Well, then, ask your conscience. It has slept long enough to be in a tolerably active condition if you have the courage to awaken it; and if you wish to get rid of me, or rather to be indifferent to my presence, that is the very best step you can adopt; for no pangs of mine are equal to the concentrated agony which conscience is ready to inflict. You groan, and intimate your readiness to postpone the inevitable reckoning? Well, then, having finished my investigation of the toe, which I shall simply touch up with a kind of caustic of which I am the inventor, let us pass to the knee joint, where I see a hopeful swelling, and to the knuckles, which, unless I am greatly mistaken, will exhibit certain curious petrifications in the pleasant form of chalk-stones."

WHAT IS DYSPEPSIA?

With due attention to temperance, exercise, and early hours, you may set dyspepsia at defiance. Neglect one of these precautions, and you lay yourself open to the approaches of the enemy—neglect two of them, and it is hardly possible that you can escape. And, above all things, keep this in mind, that no other disease or affection of the body is so stealthy or insidious as dyspepsia. If the first few instances of carelessness or transgression were to be visited with the pains and penalties that afflict the patient when the malady has become chronic, few men would be so insane or so obstinately reckless as to postpone the work of reformation. But the earlier symptoms are rarely of an alarming kind. The appetite is not sensibly affected, though the digestion is impaired; and the complaint seems for a time to be limited to flatulency and heartburn. Such unpleasant sensations, however, can be easily removed. Essence of ginger and fluid magnesia seldom fail to give relief, and the patient flatters himself that there is no ground for apprehension. But the symptoms do not disappear. They recur with greater frequency; and the antidotal doses, though increased, are found to have lost their efficacy. The stomach has now become more seriously deranged. All kinds of food generate acid; and in this stage the patient usually has recourse to the carbonates of soda or potash, which in their turn give a temporary relief, though without in any way arresting the disorder. By this time dyspepsia, like an insidious serpent, has fairly folded the victim within its embrace, and is squeezing him at its leisure. Everything he eats disagrees with him, and seems to undergo some wondrous transformation. That which was served up at table as haggis, seems converted, two hours afterward, into a ball of knotted tow—a mutton chop becomes a fiery crab, rending the interior with its claws; and every rice-pudding has the intolerable effrontery to become revived as a hedge-hog.

After that come nausea and vomiting. You derive no benefit from the food you swallow. From twelve stone weight you dwindle down to ten. Your countenance becomes ghastly, your eyes hollow, and you totter prematurely on your pins. The mere motion of exercise becomes distasteful. You feel as if you had no strength for anything. You are pensive, moody, and irritable. Your mind loses its elasticity and power; and when you sit down to compose, instead of manly matter, you produce nothing but the dreariest of drivel.

CHIVALRY AND HORSE.

An English lady of rank and wealth, now in Egypt, writes home as follows:

"I fear you may deem me rather boastful of my horsemanship, when I tell you that two Arab horses, which threw their cavaliers, did not throw me. The cause, however, was not in my skill, but in the very remarkable predilection these intelligent animals feel toward the weaker sex. Let the wildest and fiercest Arabian be mounted by a woman, and you will see him grow suddenly mild and gentle as a lamb. I have had plenty of opportunities to make the experiment, and in my own stable there is a beautiful gray Arab, which nobody but myself dare ride. He knows me, anticipates my wishes, and judiciously calculates the degree of fatigue I can bear without inconvenience. It is curious to see how he manages to quicken his pace without shaking me, and the different sort of steps he has invented to realize contradictory purposes.

"Horses being as liable to forgetfulness as other organized beings, my incomparable gray would allow his natural ambition to overcome his gallantry, and if another horse threatened to pass him, would start off with the speed of a whirlwind. Wo to me, if, under such circumstances, I were to trust to the strength of my arm or the power of the bridle! I knew the gallant charger better! Leaving my hand quite loose, and abandoning all thoughts of compulsion, I would take on persuasion; pat him on the neck; call him by his name; beg him to be quiet and deserve the piece of sugar waiting for him at home. Never did these gentle means fail. Instantly would he slacken his pace, prick up his ears as if fully comprehending his error, and come back to a soft amble, gently neighing as if to crave pardon for his momentary offense."

A WARNING TO DENTISTS.—The Newark *Mercury* reports the following case:

"The case of Dobbs *ag't.* Russell, to recover for an alleged injury by improper dentistry, was given to the jury on Wednesday. The Judge stated, as a principle of common law and common reason, that any person claiming to practice any particular trade or profession is responsible for failure to exercise sufficient skill in the prosecution of his business. This rule is equally applicable to all. The question was then, whether the dentist had exercised a reasonable amount of skill in the case, or whether, on the other hand, the disease incurred was owing to previous affection of the tooth and subsequent carelessness in exposure on the part of the plaintiff? The jury returned a verdict of two hundred dollars for plaintiff.

"WORK."

THE following is an extract from a lecture recently delivered by Mr. Walter Wells, before the Merchants' Literary Association of New York. In urging the dignity and necessity of the great law of labor, he says:

"The earth is as much a piece of work as a cotton factory, and its present condition has cost an enormous outlay of labor. The area of the globe is 196,000,000 of square miles, and this vast surface is covered with powdered rocks, the production of which cost much work and the outlay of a vast amount of power. What is it but work when earthquakes shake the mighty Andes, and crack the rocky epidermis of the earth, reducing millions of tons of rock to powder? The pyramids of Egypt cost the labor of 360,000 men, working twenty years. But in South America there is a mass of solid rock, forty-five times greater than Cheops, which was upheaved from depths of miles below to miles above, and that, too, in a vertical direction. It took 5,000,000 of men two years to build the wall of China, but what is that to the mighty chain of the Andes, or the Himalaya, lifted by Nature's forces? Every chain of mountains is a memorial of labor, performed upon and in behalf of the earth. Its surface, once covered with craggy mountains, like those of the moon, has been reduced mostly to plains. If it costs \$3,000 to smooth a mile of railroad, how much labor must be expended in breaking down the mountains of the earth? And the earth is as truly the theater of work now as ever.

"Much work is done by agents which get no credit for it. The sunshine is considered but an idle thing, yet light is produced only by vibrations of inconceivable rapidity, and thus sets all eyes to shaking everywhere, and by other vibrations to the eye produces the effect of heat and color. The sunshine, too, lifts the vapors and sets the wind in motion. Nothing works harder than this same idle sunshine. The wind, too, literally works itself to death, for it must blow until it produces an equilibrium, and that stops it. It cools the tropics, carries vapors to find the rain, ventilates the earth, and gives to vegetation that exercise without which it can not thrive. For a tree needs exercise as much as a man. Wasn't he who wished himself as idle as the wind, a little in advance of his reckoning? There, too, is the lazy ocean, which does nothing but toil in its bed. But look at its currents—the Gulf Stream rushing along at the rate of thirty miles an hour with a power which would turn all the machinery of the globe with its little finger. These ocean-currents drive the mighty icebergs to warmer seas, prevent the whaler from being frozen in, in the Northern Ocean, carry food for fishes thousands of miles, and prevent the excess of salt in tropical seas.

"Going higher, to organic forms, what activity exists in plants? Every plant is as much an instrument of work as a wood-saw, and is put together so as to perform its work. [The lecturer here described the circulation of the sap and its elaboration, in the leaves, into starch, sugar, milk, and turpentine, and the reparative process by which it sustains the entire plant.] No wonder the plant sleeps at night, after such a day's work.

"Rising to animal life, it is scarcely necessary to say that every animal works for its living. The minute insect on the leaf of a rose geranium, the painted butterfly, who seems always to play, the little creature which lives at the bottom of the deepest pits of the ocean—none of these can escape the operation of the great law of labor. They must all work or die. The condor, to get his breakfast, must fly one hundred and fifty miles, carrying from forty to seventy pounds. What overtasked housewife works harder than this? The humming-bird must ply his wings at the rate of three hundred vibrations per minute—and this is hard work!

"This whole system of labor points to the need of one higher worker—intelligent man. Plants show this by the fact that they are always improved by cultivation. Man is placed on the earth as a co-worker with God. Yet he comes far short of his duty. Of all the valuable metals he uses but few; has not conquered all the powers of steam, electricity, or magnetism, nor discovered the uses of all the plants, which he erroneously calls weeds. It is not only not respectable to be idle, but it is wicked. The spider spinning its web is more faithful in the eye of God than a lazy man."

POSTAL INCIDENT.—A young man, from the rural districts, went to a post-office in New York with a bank-note, for a dollar's worth of stamps. He was told that paper money was not received. He went for Spanish quarters: "We don't receive them now," said the attendant, "for more than twenty cents apiece." The countryman thought Uncle Sam mighty particular, so he went and obtained a dollar's worth of coppers. "Now," said he, on returning to the office, and laying down his pile on the window of delivery, "I guess I can suit ye." The man inside looked at the display of coppers, and coolly replied: "We never take more than three cents in copper at one time; it is not a legal tender above that sum." The countryman looked at the composed official for the space of a minute without stirring, and then belched out: "Look here, you—aint you mighty kind of particular, for fellows backed up in such a jail as this 'ere? You don't take only three cents of copper at a time, hey? Well, then, s'pose you give me three cents' worth of stamps, anyhow." The official very politely cut him off a single stamp, and passed it out, for which the countryman laid down three cents. He was about to pass away, when the latter cried out: "Look here, you—that 'ere's one time. Now s'pose you give me three cents' worth more on 'em!" Uncle Sam's clerk was not slow in discovering that he had caught a Tartar. He turned back to the window, and asked: "How many coppers have you got?" "Well, only about ninety-seven of 'em! I had a hundred when I begun." "Pass them in," was the gruff reply. "Pass out your stamps fust, and then I will; but I reckon you won't ketch me agin." The stamps were passed out, and the coppers handed over, when the countryman went off, saying: "I s'pose because a feller holds office under Uncle Sam, he thinks he's smarter'n all creation; but I guess they larnt something that time."

STRANGE AND UNACCOUNTABLE ANTIPATHIES.

THE following are a few of the more striking manifestations of that unaccountable feeling of antipathy to certain objects to which so many persons are subject, and with instances of which—in a modified form, perhaps—most people are acquainted with:

Erasmus, though a native of Rotterdam, had such an aversion to fish, that the smell of it threw him into a fever.

Ambrose Pare mentions a gentleman who never could see an eel without fainting.

There is an account of another gentleman who would fall into convulsions at the sight of a carp.

A lady, a native of France, always fainted on seeing boiled lobsters. Other persons from the same country experienced the same inconvenience from the smell of roses, though they were particularly partial to the odor of jonquils or tuberoses.

Joseph Scaliger and Peter Abono never could drink milk.

Cardan was particularly disgusted at the sight of eggs.

Uladislaus, King of Poland, could not bear to see apples.

If an apple was shown to Chesne, secretary to Francis I., he bled at the nose.

A gentleman in the court of the Emperor Ferdinand would bleed at the nose on hearing the mewing of a cat, however great the distance might be from him.

Henry III., of France, could never sit in a room with a cat.

The Duke of Schomburg had the same aversion.

M. Vangheim, a great huntsman in Hanover, would faint, or, if he had sufficient time, would run away at the sight of a roasted pig.

John Rol, a gentleman in Alcantara, would swoon on hearing the word *lana* (wool), although his cloak was woolen.

The philosophical Boyle could not conquer a strong aversion to the sound of water running through a pipe.

La Mothe le Vayer could not endure the sound of musical instruments, though he experienced a lively pleasure whenever it thundered.

A CUTE Yankee trick was perpetrated at Portland not long since. An advertisement appeared in the papers, announcing that "the humbuggery of spiritualism will be outdone this evening at the City Hall, by letting the cat out of the bag: admission five cents." At this low price the house was crowded. The lecturer commenced, and the audience was hushed to perfect stillness. After making a few remarks—very brief indeed—the lecturer took from beneath the desk a bag, and ripping it open, out popped a large cat, which, squalling and spitting, made a spring among the audience. The applause that burst forth was tremendous, amid which our Yankee took his hat and coolly walked out of the hall. The "sell" was so rich that the audience laughed heartily, and the perpetrator of the joke retired with a pocket full of coin.

A FEW RELIABLE METHODS FOR SOWING THE SEEDS OF CONSUMPTION.—"Dance all night till broad daylight," and go home with the beaux "in the morning," insufficiently wrapped, in open sleighs.

When you dismiss guests, be particular to make a valedictory communication in the cold hall or open doorway.

Eschew woolen under-garments of any sort; and if much exposed to the weather, avoid thick boots or shoes.

If you accidentally step into a puddle of water, let your shoes and stockings dry on your feet; and if caught in a shower with a market-basket on one arm and a bandbox on the other, so that it is impossible to keep your skirts held above the ground, don't think of changing them.

Sleep in unventilated apartments, and if seized with a hygienic fit on awakening, spring from your warm feather-bed, throw up the window-sash, and with your head out, and mouth wide-open, inhale long draughts of frosty air to chill your heated lungs.

In short, to use Mr. Micawber's phraseology, "*check perspiration as frequently as possible.*"

The above methods may not be adapted to persons in every condition of life, but we doubt not they contain sufficient hints for reflective minds to devise rules for their peculiar cases.—*Exchange.*

PROBABILITY OF MARRYING.—A table inserted in a paper in the *Assurance Magazine*, exhibits results of a rather startling character. In the first two quinquennial periods, 20-25 and 25-30, the probability of a widower marrying in a year is nearly three times as great as that of a bachelor. At 30 it is nearly four times as great; from 30 to 45 it is five as great; and it increases, until at 60 the chance of a widower marrying in a year is eleven times as great as that of a bachelor. It is curious to remark from this table how confirmed either class becomes in its condition of life—how little likely, after a few years, is a bachelor to break through his habits and solitary condition: and, on the other hand, how readily in proportion does a husband contract a second marriage who has been deprived prematurely of his first partner. After the age of 30 the probability of a bachelor marrying in a year diminishes in a most rapid ratio. The probability at 35 is not much more than half that at 30, and nearly the same proportion exists between each quinquennial period afterward.

"Why do you always walk with a stick?" said a gentleman the other day to a friend, on meeting him in the streets. "Except the old and infirm, I can not help regarding those who make use of walking-sticks as idlers, or persons having nothing to do." "Now, I think quite the reverse," replied his friend, "for I look upon them as individuals of the most active and industrious character, who, you see, always like to have *something in hand.*"

A PARAGRAPH in an Edinburgh paper announced that a celebrated vocalist had met with a serious accident by the upsetting of his carriage. The same authority shortly after announced that he had so far recovered as to be able to appear before the public the following evening in *three parts.*

NEVER DESPAIR OF AN UNRULY BOY.

A FEW years ago, when Captain Meserve, now superintendent of the State almshouse at Tewksbury, had charge of the Roxbury poorhouse, a little boy was picked up in the streets of that city, and temporarily committed to his care. The overseers of the poor indented the little fellow out three times, and he as often ran away. At length the Captain took pains to instruct him, and afterward found an opportunity for him to go to sea. In the course of time the young man became clerk of a steamboat, school-teacher, merchant, legislator, and is now editor of a paper in a Southern city.

A few words of encouragement, a little notice, or a trifling gift will frequently change the purposes and entire character of a young man. If he is an orphan, he feels the more need of sympathy; if poor, he suffers sadness in view of his privations. Let none be indifferent to the condition and feelings of those who, of all others, have claims upon the commiseration and kindness of their elders and superiors. A cold, morose, sour person, by his very appearance, puts a damper upon the courage and ambition of a young man, no matter what noble aspirations he may possess; while a genial, open-hearted, how are you man, will inspire youth with praiseworthy resolutions, corresponding exertions, and self-reliance. Many unpromising and unmeritorious rich young men are ruined by pampering and indulgence; while many poor young men, with the help of but a moiety of their wasteful expenditures would qualify themselves for an honorable and even distinguished career in life.—*Andover Advertiser.*

SLANG PHRASES.

THE use of slang so prevalent among the half-educated and fast portions of the community is pretty well hit off in the following paragraph:

"If you wish to be an 'A No. 1' woman, you have got to 'toe the mark,' and be less 'highfalutin.' 'You may bet your head on that.' You may sing 'slightly' 'like a martingale,' 'you may 'spin street yarn' at the rate of ten knots an hour; you may 'talk like a book,' you may dance as if you were on a 'regular break-down,' and play the piano 'mighty fine,' but 'I tell you' you 'can't come to tea.' 'You may be handsome, but you can't come in.' You might just as well 'cave in' first as last, and 'absquatulate,' for you can't 'put it through' 'any way you can fix it.' If you imagine that you may 'go it while you are young, for when you are old you can't,' 'you don't come it' 'by a long chalk.' 'Own up,' now, and 'do the straight thing,' and I'll 'set you down' as 'one of the women we read of.' 'If you come up to the scratch,' why I must 'let you slide.' But if you have a 'sneaking notion' for being a 'regular brick,' there is no other way—'not as you knows on'—'no sirree, hoss!' If a young man should 'kind o' shine up to you,' and you should 'cotton to him,' and he should hear you say, 'by the jumpin' Moses,' or 'by the living jingo,' or 'my goodness,' or 'I vow,' or 'go it, Betsey, I'll hold your bonnet,' or 'mind your eye,' or 'hit 'im again,' or 'take me away,' or 'dry up, now,' or 'draw your sled,' or 'cut stick,' or 'give him particular fits,' he would pretty certainly 'evaporate.'"

Agricultural.

A WORD IN BEHALF OF FARMERS' BOYS.

FARMERS, did you ever think what a lonesome business farming can be, and often is, made for your boys, just by your unsociability? Do you talk with your sons as you go to and from and while at work? Or do you work in dreary, uncheered silence, unless a neighbor chances to come along or help you a day, and then suddenly recover the faculty of speech and flow of spirits? Do you know your boy's subjects of thought? his pet plans? and would he confide to you or advise with you about any new plan or idea? Do you complain that your son "takes no interest" in your work, and at the same time do you take no interest in his plans for pleasure and profit? Do you help him make his "bow and arrow," or his "trucks," or his sled? or does he have to construct these out of your sight and enjoy them by stealth, for fear of receiving a reprimand from you for this waste of time? Do you commend his good endeavors, or do you reprimand him on every slight occasion, without any manifestation of your appreciation of his diligence at other times?

There is nothing so terribly discouraging as this perpetual fault finding without any commendation, and yet, who can not call to mind many fathers who so rarely commend their sons, that it is thought to be said ironically when by chance a word of satisfaction with their conduct is uttered. Farmers' boys feel this more from the fact that they are almost constantly with their fathers. They can not, like village boys, meet companions at night after their work is done and "have a good time," nor can they every few days see some show, fireman's parade, or entertaining curiosity, that may serve them for subjects of thought when at work in silence. The farm is their world, and if the father does not try hard to make himself the companions of his boys, to not only seem, but to be interested in whatever interests his sons, to make the hours of work a "pleasant sociable time," instead of a silent, dreary drag, and if he does not by consulting with them, and asking for and talking over with them their plans and suggestions, and by proper commendation, encourage them to better efforts in the future, why should he be surprised to learn some morning that his son had become tired of the farm and "stepped out" to try the broad untried world outside?

How many fathers, whose boys leave home just as soon as they can, might justly blame only their own reserve for their sons' discontent. Boys are very much like men, and how can they be contented and happy while working day after day in silence, only when the parental mouth is opened to reprimand some error of omission or commission? No one wonders that the slaves of the South are not contented, and do not feel an interest in their work; and many a farmer treats his boys, so far as companionship is concerned, just as if they were slaves. He does not do this because he does not love his boy, though it seems so to the child; but he has "put away childish things" so far that he does not appreciate the feelings of youth, and then the boy is his own, and he does

not feel under any social obligations to him. I verily believe that boys who "live out" will average to be more contented, and to have more reason to be contented, than farmers' boys who live at home, so far as companionship with and commendation from the father is concerned.

Let any one observe in his own neighborhood, or still better, observe carefully his own boys, and he will at once be convinced there is here a great evil, and one to be especially observed in the farming community. People who labor hard are apt to become cold and reserved. The work of the farmer is usually very suggestive of the most pleasant and instructive interchange of words, and in the quiet monotony of hoeing one hill after another, the father forgets that the son is not as old as himself, with a lifetime of recollections for his mind to feed upon.

Think of this thing, fathers, and observe your son's conduct, and if you find that he feels any more confidence that he shall find sympathy and encouragement and assistance from any one else than from you, your duty to him as a father has not been discharged.—*Maine Farmer.*

FRUITS BY THE ROADSIDE—THE CHERRY.

M. LOUDON, in his interesting account of the European custom of planting fruit-trees on the highways, said "that on the Continent, and more especially in Germany and Switzerland, the cherry is much used as a roadside tree; particularly in the northern parts of Germany, where the apple and pear will not thrive. In some countries the road passes for many miles together through an avenue of cherry trees. In Moravia, the road from Brunn to Olmutz passes through such an avenue, extending upward of sixty miles in length; and we traveled for several days through almost one continuous avenue of cherry trees, from Strassburg by a circuitous route to Munich. These avenues, in Germany, are planted by the desire of the respective governments, not only for shading the traveler, but in order that the poor pedestrian may obtain refreshment on his journey. All persons are allowed to partake of the cherries on condition of not injuring the trees; but the main crop of the cherries, when ripe, is gathered by the respective proprietors of the land on which it grows; and when these are anxious to preserve the fruit of any particular tree, it is, as it were, tabooed; that is, a wisp of straw is tied in a conspicuous part to one of the branches, as vines by the roadsides in France, when the grapes are ripe, are protected by sprinkling a plant here and there with a mixture of lime and water, which marks the leaves with conspicuous white blotches. Every one who has traveled on the Continent in the fruit season, must have observed the respect that is paid to these appropriating marks; and there is something highly gratifying in this, and in the humane feeling displayed by the princes of the different countries, in causing the trees to be planted. It would indeed be lamentable if kind treatment did not produce a corresponding return."

INTELLECT is not the moral power; conscience is. Honor, not talent, makes the gentleman.

A DIALOGUE, OVER THE FENCE.

"How d'ye git along hayin', nabur Job?"
 "Oh! after a fashion. Put up about ten tons."
 "Ten tons! Massy sakes! Is that all? I've got thirty ton in the stack, 'n it all come off'n a dozen acres."
 "What was the cost of it?"
 "Not a red cent. Me'n' the boys put it up. Ye don't ketch me a hirin' when I've got tew great lubberly boys, like Jim and Sam, around."
 "How long were you at work, Uncle Amos?"
 "Jest two weeks."
 "Twelve days for yourself, at \$1 25, is \$15; twenty-four, at \$1, for the boys, is \$24—and how much team work?"
 "Five days."
 "Call that \$4; making, in all, \$43."
 "Wall, I've got fifteen head o' cattle to winter, and that's—le's see—tew dollars and eighty-seven a head. I reckon 't I can stan' that. How much d'ye say yew cut?"
 "Ten tons."
 "'N twenty head o' cattle tu winter! Yu'll hev hides to sell in the spring, Job."
 "Yes, and good round carcasses in them. I have three acres of turnips, bagas, and so on, to say nothing of my corn stalks."
 "N ye think that's better'n thirty ton of hay—eh?"
 "Better and cheaper."
 "Cheaper! Wall, how?"
 "Yes, cheaper, because better, even if it should cost more; but that is far from being the case. It figures up this way: three acres of plowing, \$6; harrowing, \$6; sowing and care, \$5; harvesting, about \$6—I shall plow them out, and don't count that, as it must be done to prepare for the next year's crop—then add ten tons of hay, at \$1 43—\$14 30; in all, \$37 30. I expect at least twenty tons of roots to the acre, so I shall have seventy tons of feed for twenty head of cattle, at a less cost than your thirty tons for fifteen heads; and if I don't bring mine through the winter in as good condition as you do yours, I shall miss my mark."

[*Uncle Amos, with head down—under lip thrust up to his nose—and eyebrows trying to ride each other.*]

"Faith! Guess he will. 'Bout a dollar a head cheaper, tew. I'll try it next year, I will—fact!"
 —*Rural Minnesotian.*

DR. GRANT ON GRAPES.

At a recent meeting of the Brooklyn Horticultural Society, Dr. Grant, of Iona, furnished some interesting facts concerning grape-growing in this country. In referring to the culture of some of our choice native grapes, such as the Delaware and Diana, Dr. G. stated that the relative profit in growing them on a border protected on the northwest side by a wall nine feet high, was greater than could be realized by growing the Black Hamburg or other foreign kinds under glass.

With a border containing three rows of vines, the first being one foot distant from the wall, the second eight feet, and the third fourteen feet, and

soil disintegrated to a depth of thirty-six inches, well supplied with decayed vegetable matter, paying crops of grapes, he believed, could be produced annually.

In speaking of the profits of out-door grape culture, more especially of the Delaware, the Doctor said that 2,000 vines could be raised on an acre of well prepared soil, and in three years from the time of planting would produce at the rate of four pounds of grapes to each vine, which would be a low estimate. At ten cents per pound the grower would realize the sum total of \$800 per acre, which, after deducting the expense incurred, about \$150, would leave \$650 of clear profit; not a bad result from a single acre of land.

The Doctor dwelt on the elevating influence of vine culture above the ordinary farm occupations, and urged the importance of the grape-grower performing his work faithfully and well. Pruning, he said, was of strict importance in obtaining good annual results. When the bunches of fruit were forming, the shoot should be pinched off three or four eyes beyond the last bunch of grapes. The laterals should also be pinched off two joints from their starting-point. This would cause all the nourishment to be appropriated by the fruit, which would otherwise be wasted in forming useless wood.

In Ohio, the speaker said, 600 gallons of Catawba juice were considered a fair result from an acre, though some of the growers produced 1,000 gallons. The juice is worth, for common quality, \$1 per gallon; for prime, \$1 25. This statement will give our readers some idea of the profit arising from growing grapes for wine-making.

Dr. Grant alluded to the Isabella as being scarcely eatable, and, in consequence of its excess of pulp, totally unfit for wine purposes. The Diana was much better than either the Isabella or Catawba, but lacked some of the qualities constituting a good grape. The only native grape to which he was really willing to pay homage, was the Delaware. This grape is certainly considered by many as the *summum bonum* in the native grape line, and the Doctor in pronouncing it to be the best for table and wine use, fearlessly enters the list as champion for its many merits.—P. T. Q., in *Working Farmer*.

Scissorings.

THE kitchen is the scene of many stirring events.

WHAT the Christian world wants is more love. Love rules his kingdom without a sword.

A HERMIT prefers always to be "left a loan," but as for us, we would rather be "left a fortune."

IN a bookseller's catalogue lately appeared the following article: "Memoirs of Charles I., with a head capably executed."

HE is happy whose circumstances suit his temper; but he is more praiseworthy who can suit his temper to any circumstances.

WHEN we have practiced good actions awhile, they become easy; and when they are easy, we begin to take pleasure in them; and when they please us, we do them frequently; and by frequency of acts they grow into a habit.

A MANUFACTURER invites the public to come and see his invisible wire fences.

IT is a truth not often realized, that men must be already wise in order to love wisdom.

A TEST OF VANITY.—Everybody fancies that he can poke the fire better than everybody else.

MANY institutions are properly called *seminaries*, for they do not half teach anything.

WHAT kind of fruit is never sold single? The pear.

WHENEVER love lifts the soul to heaven, we may be sure that the object of it is not altogether of earth.

YOU are unfaithful to your soul if you enfeeble its servant, the body; you are more unfaithful to it still if you enslave it to its servant.

"Is it possible, miss, that you don't know the names of some of your best friends?" "Certainly, I do not even know what my own may be in a year from this time."

WHEN we read the almost interminable sentences of some writers, we can not help thinking that their readers are in danger of being sentenced to death.

THE strengthening and invigorating effect of bitters is well known, and has led to the introduction of the "bitter cup," as a tonic for the body. There is also a bitter cup of affliction, which God gives us as a tonic for the soul.

PROPOSE continually to yourself new objects. It is only by constantly enriching your mind that you can prevent its growing poor. Sloth benumbs and enervates it; regular work excites and strengthens it—and work is always in our power.

THE most fascinating women are those that can most enrich the every-day moments of existence. In a particular and attaching sense, they are all those that can partake our pleasures and our pains in the liveliest and most devoted manner. Beauty is little without this.

GREAT crimes ruin comparatively few. It is the little meannesses, selfishness, and impurities that do the work of death on most men; and these things march not to the sound of life or drum—they steal with muffled tread, as the foe steals on the sleeping sentinel.

AN old Dutchman who some years ago was elected a member of the American Legislature, said, in his broken English style, "Ven I vent to the lechislatur I tought I would find dem all Solomons dere; but I soon found dere was some as pick fools dere as I was."

WE lately picked up the following memoranda, which we saw dropped by a young lady attired in an elegant velvet talma, an exquisite Honiton collar, a white hat and plume, and a painfully brilliant silk dress, with exaggerated flounces: "I must get a Vail, Sarcknet, Gluvs, Broun Hoss, Laise, Shymamezet, Kulone."

THE following is an instance of crime severely punished: Thomas Stephens, formerly a clerk in the Montreal City Bank, and a prisoner for forgery, has just come into possession of a fortune of 400,000 dollars. Had he resisted temptation, he might have enjoyed his fortune; now it only serves to gild his shame and embitter his regrets.

DEATH comes to a good man to relieve him; it comes to a bad one to relieve society.

THE noblest function of art is to lift the veil from nature.

A YOUNG lady recently married a farmer, and on visiting the cow-house, asked the servant, "Which cow is it that gives the buttermilk?"

HE only is worthy of esteem who knows what is just and honest, and dares do it; who is master of his own passions, and scorns to be a slave to another's.

Special Notices.

IMPROVEMENTS made in the machinery for manufacturing Gold Pens, and secured to the subscriber by Letters Patent, have enabled him to overcome the many imperfections hitherto unavoidable in their production, and also to bring the cost within the reach of all. The writing public should know the following facts:

Constant writing for six months is done cheaper with Gold Pens than with Steel; therefore, it is economy to use Gold Pens.

The Gold Pen remains unchanged by years of continued use, while the Steel Pen is ever changing by corrosion and wear; therefore, perfect uniformity of writing is obtained only by the use of the Gold Pen.

The Gold Pen is always ready and reliable, while the Steel Pen must be often condemned and a new one selected; therefore, in the use of the Gold Pen there is great saving of time.

Gold is capable of receiving any degree of elasticity, so that the Gold Pen is exactly adapted to the hand of the writer; therefore, the nerves of the hand and arm are not injured, as is known to be the case by the use of Steel Pens.

He is now selling Gold Pens at prices varying from 25 cents to \$1, according to size, the average wear of every one of which will far outlast a gross of the best Steel Pens.

Sold by all dealers in the line throughout the country. Wholesale and retail at the store, No. 25 Maiden Lane, where all orders, inclosing cash or post-stamps, will receive prompt attention, and a pen or pens corresponding in value, and selected according to description, will immediately be sent by mail or otherwise, as directed.

Address, A. MORRIS, 25 Maiden Lane, New York.

"We happen to know Mr. A. Morton to be not only one of the best and most extensive manufacturers of Gold Pens not only in America, but in the world. We use his pens, and can assure our readers of their excellence."—*N. Y. Tribune*.

"We have been in the habit of using these Gold Pens for a long time, and have always found them the best instruments of the kind that have fallen in our way."—*N. Y. Evening Post*.

TEETH, upon Allen's system, can be obtained at 22 Bond Street. By this method the teeth, gums, roof, and rugae of the mouth are so accurately formed as to display a perfect prototype of the natural organs, restoring the TRUE EXPRESSION of the mouth and original contour of the face.

It is the height of art to conceal art. This we do most positively, as our numerous patrons can attest.

A descriptive pamphlet may be obtained by addressing Dr. J. ALLEN & SON, 23 Bond Street, New York.

J. PARRISH, 323 Canal Street, New York, manufacturer of Shirts, Bosoms, Wristbands, and Collars, is now selling at prices to suit the times:

Men's and Boys' White Shirts, 50 cents; Linen Bosom do., 75 cents, \$1, \$1 25; and superior made, to measure, cut by a practical shirt-cutter, and fit guaranteed, six for \$9, \$10 50, and \$12.

Ladies will find at this Establishment a large stock of Bosoms, Collars, and Wristbands, for shirt-making, at very low prices.

SCHOOL OF ART FOR LADIES, 863 Broadway, New York.—Miss S. E. FULLER respectfully announces that the School of Art for Ladies reopened on Monday, September 16, 1861. Thorough instruction given in Drawing and Painting from the human figure, natural objects, models, etc., by competent artists. Drawing and engraving upon wood thoroughly taught. Arrangements are being made to enable pupils, as soon as qualified, to receive profitable employment. Saturday classes, for Teachers and pupils attending other schools during the week.

Pupils received at any time during the Term. Orders received for drawing and engraving upon wood, Portraits, Machinery, Architectural Designs, Landscapes, Fruits, Flowers, etc., executed in the best manner, upon reasonable terms.

INSTRUCTIONS IN GYMNASTICS, containing a full Description of more than Eight Hundred Exercises, and Illustrated by Five Hundred Engravings, by J. E. d'Alfonse. Geo. F. Nesbitt and Co., corner of Wall and Water streets, New York, publishers.

Advertisements.

ADVERTISEMENTS intended for this JOURNAL, to secure insertion, should be sent to the Publishers on or before the 10th of the month previous to the one in which they are to appear. Announcements for the next number should be sent in at once.

TERMS.—Twenty-five cents a line each insertion.

NEW YORK HYGIENIC INSTITUTE, NO. 15 LAIGHT STREET.

The following are among some of the inducements which we offer those who are sick and wish to be cured to visit our Institution for treatment:

You can have your case examined by Dr. Trall, who will give a correct diagnosis of your disease.

You can get just as good Water-Treatment here as you can get anywhere else.

We will cure you without giving you drug poisons.

Our table is supplied with a great variety of the best kinds of farinaceous food found in the market.

We have a good Gymnasium for the use of those who are able to take active physical exercise.

We have a large MOVEMENT-ROOM, under the supervision of Dr. Wm. W. Wier, who carefully adapts muscular exercise and physical training to each individual case. We find these movements of indispensable value in effecting permanent cures of certain obstinate forms of Dyspepsia, Constipation, Consumption, Liver Diseases, Rheumatism, Paralysis, *Spermatorrhoea*, and in severe "Uterine Disease."

Next month the Medical Lectures in the College commence, and our patients have the privilege of hearing the most of Dr. Trall's Lectures to the Medical Class. The knowledge thus afforded is worth more to any patient than the time and money they spend while here. We think we have some advantages here not found anywhere else. We shall try to do all in our power to cure all who come here of their "disease" as quickly as possible, to make their stay pleasant while they are here, and impart as much valuable instruction as we can for them to carry home with them when they leave.

We have able and obliging assistants in constant attendance, who will look well to the wants of all who come here. Dr. Frank R. Jones, our Assistant Physician, and Dr. Wilson Reed, Superintendent of the Bath Department, are both graduates of the College, and have both had considerable experience in Water-Cure practice.

Those coming must bring two linen sheets, with two blankets and two quilts, for packing clothes; or, if they prefer, they can hire them here.

Our Terms are—Entrance fee, \$5; full board and treatment, from \$7 to \$14; board, without treatment, from \$4 to \$10 per week; transient board, \$1 per day.

R. T. TRALL, M.D.,
E. P. MILLER, M.D., } Physicians.
MRS. R. FANCHER,
WM. W. WIER, M.D.,
FRANK R. JONES, M.D., } Assistant Physicians.

FANCHER & MILLER, Proprietors.

DR. GEO. H. TAYLOR'S INSTITUTION, No. 67 West Thirty-eighth Street, New York.

Invalids desiring information in regard to the *Movement-Cure*, are requested to send a stamp.

At this establishment invalids can have the advantage of Kinesiotherapy, or Swedish Movement-Cure, combined with all necessary Water-Cure appliances.

THE BROOKLYN HEIGHTS Water-Cure is located at Nos. 63 and 65 Columbia Street, Brooklyn, L. I. Outside practice attended to both in city and country. CHAS. H. SHEPARD, M.D.

PEEKSKILL WATER-CURE, Conducted by D. A. GORTON, M.D., at Peekskill, N.Y. Address for Circulars, etc.

DR. BEDORTHA'S WATER-CURE Establishment is at Saratoga Springs.

Dr. BEDORTHA is happy to say to his friends, who have often requested prescriptions for home-treatment, that he has now completed his work on "Practical Medication; or, The Invalid's Guide," in which he has given explicit directions for the treatment of Typhus and Scarlet Fevers, and other diseases in which he has been so successful. In this book, parents, nurses, and invalids will find a friend in the hour of need. Price \$1.

Also, "The Practical Cook Book," which gives plain and simple directions for preparing food of all kinds, for persons in health or sickness. Price, 50 cents.
Address N. BEDORTHA, Saratoga Springs.

ROUND HILL WATER-CURE AND HOTEL, NORTHAMPTON, MASS. Open Summer and Winter.

DR. HALSTED'S success in the cure of woman's diseases and spinal difficulties is well known. Those brought on beds, even, are soon enabled to walk. For the successful treatment of other complaints, and the great favor given the Turkish, Chemical, and other Baths, see Circular, sent gratis.

HEALTH TRACTS!!!

F. WILSON HURD & CO., of "Our Home on the Hillside," have the following tracts, to which they respectfully invite the attention of all persons interested in Health-Reform:

1. How to rear Beautiful Children..... 9 cents.
2. Cook-ry—or how to prepare food..... 9 "
3. How to take baths..... 3 "
4. Hints on the Reproductive Organs..... 15 "
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6. Female Diseases, and the true way to treat them..... 6 "
7. Flesh as food—or how to live without meat..... 6 "
8. Student Life—or how to use the Brain..... 6 "
9. Dyspepsia—or how to have a Sound Stomach..... 6 "
10. The American Costume—or woman's right to Good Health..... 6 "

These we will send for their prices *post-paid*, or we will do them up safely, and pay the postage on them and send them for 50 cents in postage stamps.

Any persons wishing to know intimately of our plans, methods, or place, we invite to visit us and see for themselves, or send for our Circular, or Dr. Jackson's lecture, entitled, "Our Home on the Hillside; or, what we are trying to do, and how we are trying to do it," or for copies of our Health Journal, *THE LAWS OF LIFE*, which has a large circulation, and is edited by Dr. Harriet N. Austin, assisted by Dr. Jackson. Either or all of these will be sent gratuitously on receipt of stamps to prepay postage.

Address HARRIET N. AUSTIN, M.D., or
JAMES C. JACKSON, M.D.,
Our Home, Dansville, Livingston Co., N. Y.

ORIENTAL BATHS.—No. 8

FOURTH AVE., New York, near the Cooper Institute.

As a luxury, the true *Oriental* or *graduated Vapor Bath* has no equal. As a remedial agent for very many conditions of the human organism, they can not be too highly appreciated. Separate suits of rooms for ladies. Skillful attendants in both the ladies' and gentlemen's departments. Also Electro-Magnetic and Medicinal Baths. Open daily from 7 A.M. to 10 P.M. Sundays, from 7 A.M. to 12 M. *Portable Oriental Baths* furnished to order. Also Electro-Magnetic machines.

T. CULBERTSON.

SARATOGA SPRINGS REMEDIAL INSTITUTE, for the cure of LUNG, FEMALE, and CHRONIC DISEASES. For a Circular of full particulars address SYLVESTER S. STRONG, M.D.

BINGHAMTON WATER-CURE, BINGHAMTON, BROOME COUNTY, N. Y. This is the place for invalids during the cold season. Here, "Home Comforts" can be enjoyed. The physicians have had a large experience, and enjoy an extensive practice, both in and out of the Institution. They treat all curable diseases, both surgical and medical. Terms, from \$6 to \$10 per week. Address (and send for Circular) O. V. THAYER, M.D.

THE PHILADELPHIA HEALTH JOURNAL and WATER-CURE are conducted on advanced principles at 218 North Ninth Street. The Journal is the best and cheapest. SECOND NUMBER JUST OUT. Served quarterly for only 25 cents a year, in advance. Sample copies, 6 cents. Address. S. M. LANDIS, M.D.

FRANKLIN WATER-CURE, FRANKLIN SQUARE, Philadelphia, and CHESTNUT-HILL WATER-CURE, eight miles from Philadelphia. Invalids may board with either physician, at a nominal price, without taking Water-treatment until convinced of its applicability. DOCTORS—CHAS. LODGE and JAS. A. ZEGLER. Please send for references.

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LIVING SPRINGS WATER-CURE IS a good place to take fall and winter treatment at. Post-office, Wernersville, Berks Co., Pa. A. SMITH, M.D., MRS. C. SMITH, M.D.

PITTSBURG WATER-CURE.—No Cure possesses greater advantages for the sick. Invalids can obtain a Circular and a very fine lithographic view of it by sending to DR. FEESE, Pittsburg, Pa.

GRANVILLE WATER-CURE, NOW in its thirteenth year—an excellent location for winter treatment. Send for Circular. Address SOLOMON FEESE, M.D., O. O. Granville, Licking County,

USE THE ADJUSTABLE STEEL PEN —For a full description of which see next month's JOURNAL.

GRANITE STATE WATER-CURE,

WM. T. VAIL, M.D., } Physicians.
ELLEN H. GOODELL, }

TO INVALIDS AND READERS OF THE JOURNAL—We keep a Water-Cure, a health establishment, an institution devoted exclusively to the treatment and restoration of the sick. We have labored earnestly and devotedly for the past ten years to make it a perfect home for the invalid, eschewing every evil and pernicious influence, and bringing to our aid every salutary one within our power. Drug poisons of every kind have always been eschewed.

Our Institution has steadily been rewarded with a patronage as liberal as we could ask, and almost as liberal as would be sufficient to satisfy us in the future.

We feel that we have a perfect right to praise ourselves, to laud ourselves inordinately, if we should choose to tell of what wonderful cures we have performed after patients have stayed a very long time without help at greatly self-aided cures, where one hundred to one hundred and fifty patients are said to be continually congregated; and even if our vanity, our self-conceit, or our eager desire to make money sufficiently prompted us, we could even say that

"Nowhere in Europe or America can there be found a water-cure, infirmary, hospital, or health institution as well conducted as ours is." In short, that

"We have the best conducted Health Institution in the world." We hold this to be our right, and we cheerfully accord the same to others whose tastes run in that direction.

But we do not feel that we have any right to lie about others, whatever uncertain or doubtful things we might feel prompted to say about ourselves; and when persons claiming a hyper-honorable position in our glorious calling—a calling that ought to be free from all wickedness among its professors—use such language as the following, which we extract from the advertising columns of the August number of the WATER-CURE JOURNAL, we feel ourselves justified in the name of our calling and of the many noble and faithful souls we know to be engaged in it, to brand the authors of the same with the infamy they deserve, until they forsake their sins and do works meet for repentance.

"Can you not readily perceive what a wide departure we have made from all other practitioners of the Healing Art, when we tell you that in all cases we seek to do only that which is natural, and therefore healthful, while they seek to cure the sick by unnatural and therefore by disease-producing methods. Hence, while the means we use are all of them hygienic, or such as tend to produce health, theirs, in the main, are poisonous, and therefore such as tend to kill."

Now we simply say that such wholesale and disgraceful scandal as this, and such unmitigated and wicked falsehood, and so much of it was never before condensed into so small a space within the columns of this Journal, and that persons that can unscrupulously, from month to month, for any unworthy purpose (they can not do it for a worthy one) continue by direction or indirection, innuendo or implication, to make such statements, are not worthy of public confidence.

We are not aware that we have any jealousy toward, or any unfriendly feelings against, any human soul, but we are jealous of the honor of our calling and the fair fame and good name of the many practitioners in it whom we know to be as earnest, faithful, and true a band of men and women as God ever called into any good work, and entirely undeserving of the reproach, and insult, and injury which for the few years past have been steadily, both by direction and indirection, heaped upon them. But we forbear. We have a great deal more to say on this head, if called upon to say it, but hope a more truthful, righteous, and honorable course in future will give us no occasion.

For Circular, or information concerning our Cure, address either of its physicians, inclosing stamp.

RURAL HOME WATER-CURE furnishes superior inducements to invalids for winter treatment, which is the best season to treat most forms of chronic disease. Send for a Circular.

S. D. JONES, Physician,
D. D. MILES, Proprietor,
Wabash, Indiana.

ILLINOIS WATER-CURE.—BEAU- tifully located at Peoria, Ill. Open Winter and Summer. Electro-Chemical Baths used to eliminate mineral drugs and all impurities from the system. DR. M. NEVINS.

PHYSIOLOGY, WITH ILLUSTRATIONS.—The Skin and its Functions; the Tissues; Mental System; Philosophy of Mind. The Special Senses: Touch, Taste, Smell, Hearing, Sound, Sight. The Voice: Speech, Tone, Compass, Musical, Ventriloquism. IN THE ENCYCLOPEDIA. A great work. Sent by Mail for \$3.

EVERY STUDENT AND CONVERSATIONIST needs THE RIGHT WORD IN THE RIGHT PLACE: A POCKET DICTIONARY OF SYNONYMS, TECHNICAL TERMS, ABBREVIATIONS, FOREIGN PHRASES, etc., etc., with a Chapter on Punctuation and Proof-Reading. This is an indispensable companion for every writer and speaker who would say exactly what he means, and neither more nor less, and say it in the best way. Price, 50 cents. FOWLER AND WELLS, New York.

OUR PRINCIPLES, OUR PRACTICE, AND OUR REFERENCES!!!

The undersigned, Proprietors of a Health Institution, called "Our Home on the Hillside," and which, from small beginnings, has grown to be the largest Hygienic Infirmary in America, beg leave to offer to the Public the following statement:

1. That the PRINCIPLES on which it is conducted are (a), That health is intended by the Creator to be, and therefore *ought* to be, the ruling condition of human life, and sickness the exceptional condition. (b) That in their sphere physical laws are as sacred as are moral laws, and human beings are as truly bound to obey them. (c) That obedience to these laws would in large measure do away with sickness, leaving human beings to die of old age. (d) That in order to be cured of any disease—if curable at all—the patient needs simply to be brought within the operation of the forces of his organism, and become so related to them that they can work unobstructedly, and he *can not fail* to get well. (e) That the only sound philosophy upon which to treat the sick, with a view to restore them to health, is to use such means, and such only, as when properly used would keep them from getting sick.

2. OUR PRACTICE.—Our faculty have treated over four thousand men and over three thousand women after the Hygienic method—never giving one of them a particle of medicine—and with such success that we feel warranted in saying that we have answered the expectations of at least ninety-five persons in each hundred who have tried it. OUR LOCATION is admirable, combining very large Hygienic advantages. We chose it in preference to a great many others that were pressed on our attention. The purity of our air, the softness of our water, the mildness and healthiness of our winters, all together making the salubrity of our climate unsurpassed, constitute a *power* which we are able to use to the great benefit of our invalid guests. OUR HOUSE is very large, has in it every available accommodation for our method of treatment, and is well appointed in every one of its departments, so that the best of skill and care is given to the sick in our charge. Our physician-in-chief, James C. Jackson, M.D., has treated a greater number of persons and for a greater variety of diseases than any living man, who has never given any medicine. He is as widely known for his great abilities, and his consummate skill as a physician, and his unparalleled success, as is the Hygienic Philosophy of treating the sick, which he so ably elucidates. We thank God daily for the great good he has done and is doing in curing the sick not only, but in teaching the people how to live without sickness. Our Home will be open this winter, has now over ONE HUNDRED patients residing in it, and has ample accommodations and the very best appointments for treatment for many more.

OUR REFERENCES.—Out of the thousands of persons who have been patients of ours, or who are personally acquainted with the management and success of our Institution, and to whom we might refer, we offer without consultation with them, the names of the gentlemen and ladies below.

Hon. Sidney Sweet, banker, Dansville, N. Y.
B. S. Chapin, Esq., " "
Col. O. B. Maxwell, P. M., " "
Samuel Brayton, Esq., " "
John Wilkinson, Esq., " "
Geo. A. Sanders, ed. *Herald*, " "
A. O. Bunnell, ed. *Adv. riser*, " "
James McCurdy, " "
Gershom Bulkley, Esq., " "
Edward Niles, " "
Rev. Schuyler Seagar, D.D., Albion, " "
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Capt. H. Henry, " "
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Rev. Mr. and Mrs. Metcalf, " "
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Rev. Mr. and Mrs. Potter, Geneseo, " "
Miss Dr. Bryant, " "
Hon. Calvin Bryan and wife, " "
Cashier Wm. H. Whiting, " "
Alpheus Vesey, Mt. Morris, " "
Mrs. Samuel Woodford, " "
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Miss Margaret McLean, Caledonia, " "
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Wesley Doughty, " "
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Clarence H. Sweet, Rochester, " "
John Judd, Cherry Valley, " "
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Joseph C. Hathaway, Farmington, " "
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Stewart Green, Binghamton, " "
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Alexander Morrison, 103 West Eleventh Street, " "
M. P. Browning, Girard House, " "
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Benjamin T. Jessup, of Jessup & Childs, 127 Maiden Lane, " "
Birdsey Bakeman, book publisher, 60 Walker St., " "
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Charles S. Rust, Fulton, " "
Miss Jennie C. Hurd, Norway, " "
Miss Nellie S. Dubois, " "
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H. E. Kidder, Alden, " "
A. C. Adams, Farmersville, " "
Joseph H. Lovell, Lockport, " "
S. M. Breed, Ridgeway, " "
Silas W. Brewster, Hannibal, " "
Mrs. Jane B. Leffingwell, Aurora, " "
D. D. Noble, Medina, " "
Thomas Le Clear, artist, Brooklyn, " "
Mrs. Catharine Moore, Central Bridge, " "
H. J. Harrington, Westfield, " "
Captain J. H. Stark, Oneida, " "
Wm. Nicholson, Westmoreland, " "
Peter King, Andes, " "
Perry Wight, South Alabama, " "

H. B. Hathaway, Packer Institute, Brooklyn, N. Y.
Joseph and Prudence K. Sinton, Angola, " "
Samuel Adams, Bangor, " "
Miss Helen A. Wickham, Albion, " "
Rev. Mr. H. L. Dox, Lockport, " "
Dr. B. P. Backus, Freetown, " "
Miss Marion P. Knowles, Smyrna, " "
Phederus Carter, Esq., Penfield, " "
James S. Collin, Fayetteville, " "
Isaac G. Austin, Moravia, " "
Mrs. Melissa Ellis, Gouverneur, " "
John Thomas, Oran, " "
Charles Downing, horticulturist, Newburg, " "
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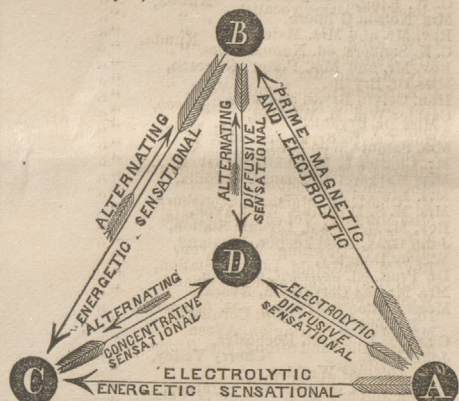
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These lands are contiguous to a railroad 700 miles in length, which connects with other roads and navigable lakes and rivers, thus affording an unbroken communication with the Eastern and Southern markets.

APPLICATION OF CAPITAL.

Thus far, capital and labor have been applied to developing the soil; the great resources of the State in coal and iron are almost untouched. The invariable rule that the mechanical arts flourish best where food and fuel are cheapest, will follow at an early day in Illinois, and in the course of the next ten years the natural laws and necessities of the case warrant the belief that at least five hundred thousand people will be engaged in the State of Illinois in various manufacturing pursuits.

RAILROAD SYSTEM OF ILLINOIS.

Over \$100,000,000 of private capital have been expended on the railways of Illinois. Inasmuch as part of the income from several these works, with a valuable public fund in lands, go to diminish the State expenses, the TAXES ARE LIGHT, and must consequently every day decrease.

THE STATE DEBT.

The State Debt is only \$10,105,398, 14, and within the last three years has been reduced \$2,959,746 80, and we may reasonably expect that in ten years it will become extinct.

Pamphlets descriptive of the lands, soil, climate, productions, prices and terms of payment, can be had on application to

J. W. FOSTER, Land Commissioner, Chicago, Illinois.
For the names of the Towns, Villages and Cities situated upon the Illinois Central Railroad see pages 188, 189, 190, APPLETON'S RAILWAY GUIDE.

PRESENT POPULATION.

The State is rapidly filling up with population: 868,025 persons having been added since 1850, making the present population 1,723,663, a ratio of 102 per cent. in ten years.

AGRICULTURAL PRODUCTS.

The Agricultural products of Illinois are greater than those of any other State. The products sent out during the past year exceeded 1,500,000 tons. The wheat crop of 1860 approaches 35,000,000 bushels, while the corn crop yields not less than 140,000,000 bushels.

FERTILITY OF THE SOIL.

Nowhere can the industrious farmer secure such immediate results for his labor as upon these prairie soils, they being composed of a deep rich loam, the fertility of which, is unsurpassed by any on the globe.

TO ACTUAL CULTIVATORS.

Since 1854, the company have sold 1,300,000 acres. They sell only to actual cultivators, and every contract contains an agreement to cultivate. The road has been constructed thro' these lands at an expense of \$30,000,000. In 1850 the population of the forty-nine counties through which it passes was only 835,598; since which 479,293 have been added, making the whole population 814,891, a gain of 143 per cent.

EVIDENCES OF PROSPERITY.

As an evidence of the thrift of the people, it may be stated that 600,000 tons of freight, including 8,000,000 bushels of grain, and 250,000 barrels of flour, were forwarded over the line last year.

EDUCATION.

Mechanics and workmen will find the free school system encouraged by the State, and endowed with a large revenue for the support of schools. Their children can live in sight of the church and schoolhouse and grow with the prosperity of the leading State in the Great Western Empire.

PRICES AND TERMS OF PAYMENT.

The prices of these lands vary from \$6 to \$25 per acre according to location, quality, &c. First-class farming lands sell for about \$10 or \$12 per acre; and the relative expense of subduing prairie land as compared with wood lands is in the ratio of 1 to 10 in favor of the former. The terms of sale for the bulk of these lands will be

One Year's Interest in advance,

at six per cent. per annum, and six interest notes at six per cent. payable respectively in one, two, three, four, five and six years from date of sale; and four notes for principal, payable in four, five, six and seven years from date of sale; the contract stipulating that one-tenth of the tract purchased shall be fenced and cultivated, each and every year, for five years from date of sale, so that at the end of five years, one-half shall be fenced and under cultivation.

Twenty Per Cent. will be deducted

from the valuation for cash, except the same should be at six dollars per acre, when the cash price will be five dollars.

HOW A SOLDIER FEELS IN BATTLE.

A YOUNG French officer thus writes of his first experience in battle:

"Our officers kept us back, for we were not numerous enough to charge upon the enemy. This was, moreover, most prudent, for this murderous fire, so fatal to the white coats, did us but little harm. Our conical balls penetrated their dense masses, while those of the Austrians whistled past our ears and respected persons. It was the first time I had faced fire, nor was I the only one. Well, I am satisfied with myself. True, I dodged the first balls, but Henry IV., they say, did the same at the beginning of every battle. It is, in fact, a physical effect independent of the will.

"But, this tribute paid, if you could only feel how each shot electrifies you. It is like a whip on a racer's legs. The balls whistle past you, turn up the earth around you, kill one, wound another, and you hardly notice them. You grow intoxicated, the smell of gunpowder mounts to your brain. The eye becomes bloodshot, and the look is fixed upon the enemy. There is something of all the passions in that terrible passion excited in a soldier by the sight of blood and the tumult of battle.

"Everybody who has tried it testifies to the peculiar intoxication that is produced by being in a battle. There is an infatuating influence about the smell of powder, the shrill whistle of a bullet, and the sight of human blood, that instantly transforms men from cowards to heroes—from women, sometimes, to monsters. None can tell of the nature or mystery of that influence but those who have been engaged in the fray themselves."

A CONVERT TO HYDROPATHY.—A member of the Massachusetts Fourteenth Volunteers writes to a friend in this city as follows:

"FORT ALBANY, VA., Aug. 25, 1861.

"We arrived in Washington Sunday morning, August 11th, and marched that night to Camp Kalorama, on the Meridian Hill, about six miles from the city on the Maryland side of the river. You have probably seen some account of that march in the papers. It did not rain, but it poured, and in addition to the rain, the water-pipes burst, and we were, a great part of the way, waist deep in water; but the boys marched through, singing 'Old John Brown,' 'Glory Hallelujah,' with a thunder-and-lightning accompaniment. We reached Kalorama between ten and eleven o'clock at night, pitched our tents in the mud, rolled ourselves up in rubber blankets with our wet clothes on, and slept like sons of Massachusetts. That night made me a convert to Hydropathy, for when I left Washington I was suffering from rheumatism in the shoulder, but I crawled out of the mud the next morning perfectly refreshed and sound, and have been well ever since."

NO NECESSITY.—A man whom Dr. Johnson reproved for following a useless and demoralizing business, said: "You know, doctor, that I must live." The brave old hater of everything mean and hateful coolly replied that he did not "see the least necessity for that."

USE THE ADJUSTABLE STEEL PEN.

—For a full description of which see next month's JOURNAL

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